

Watermelon

The underrated and healthy treat



Watermelon is 92 percent water and is full of nutrients including vitamins A, B6, C, lycopene, amino acids, and antioxidants!

It's a great treat to add to any diet you're following. It's low sugar, low fat, only 40 calories per cup, and low sodium. Basically, you can eat as much as you want without the guilt!

Consider watermelon in your daily diet to satisfy your sweet tooth and consume fewer calories.

Aside from being a logical choice as a go-to, healthy snack, watermelon also has many medicinal properties that shouldn't be overlooked. Per serving, watermelon contains between 15-20 milligrams of **LYCOPENE**, the highest concentration amongst all fresh produce. The red pigment lets you know that the levels of lycopene are high in watermelon. Known for being a powerful antioxidant, this



Full of Vitamins & Minerals

1

LYCOPENE LEVELS

A phytonutrient found in watermelon, great for heart & bone health.

2

BETA-CAROTENE

Anti-oxidant good for skin & eyes and prevents cancer.

3

POTASSIUM

Two cup serving is a great source of this needed mineral.

delicious fruit provides fantastic anti-inflammatory properties.

“Watermelon isn’t just for summertime, it should be a part of your regular, healthy diet”

Tammy-Lynn McNabb, RHNP

BETA-CAROTENE isn’t just found in carrots! You can enjoy all the benefits of a nicely ripened watermelon. Ripened melons provide high concentrations of beta-carotene, which as an antioxidant, are good for your skin, eyes and can help prevent cancer. Have poor eyesight? Make sure watermelon becomes one of your go-to choices for increased eye health!

Looking to increase your intake of vitamins through the foods that you eat? Watermelon is a great source of **Vitamin A**. One serving will actually give you 30% of your daily intake. Vitamin A is a champion for healthy skin, immune system and bone development.

We often talk of the importance of including **Vitamin B6** in our diets to fight off germs and bolster our immune systems. Watermelon contains B6 and will help your body produce antibodies and enhance the development of red blood cells.

Watermelon is not just for summertime! During cold and flu season, eating watermelon will



help you build up your immune system and fight off infections. Twenty-five percent of your daily **Vitamin C** can be found in a serving of watermelon. Consider adding watermelon to your green salads or toss some in lime and add a touch of salt and pepper - super tasty!

POTASSIUM isn’t just a banana thing. A couple of cups of watermelon will give you the necessary potassium intake that you need. Potassium is a mineral needed to regulate your water balance and can be found in every cell of your body. You will know if you are low in potassium if you suffer from inflammation or cramping.

So what are you waiting for? Include delicious watermelon in your healthy daily diet!

THE FACTS ABOUT WATERMELON

ONE CUP OF WATERMELON CONTAINS:

- 46 calories
- 12 grams of carbohydrates
- 865 international units (IU) of vitamin A
- 12 milligrams of vitamin C
- 170 milligrams of potassium
- zero fat, cholesterol or sodium

