

## Watermelons

ARE ABOUT 92  
PERCENT WATER AND  
A SUMMER STAPLE



SEEDS ARE HIGH IN  
PROTEIN, MAGNESIUM,  
VITAMIN B & GOOD FAT



THOUGHT TO HAVE  
ORIGINATED IN THE  
KALAHARI DESERT OF  
AFRICA.



WHITE FLESH NEAR THE  
RIND CONTAINS MORE OF  
THE AMINO ACID  
CITRULLINE

# BENEFITS OF WATERMELON



## LET THE JUICE RUN DOWN YOUR CHIN!

Not just a picnic staple during summertime, the juicy watermelon is actually soaked with nutrients. Each slurpy bite has meaningful levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids, even a respectable amount of potassium. Fat-free, low sodium, and only 40 calories per cup!

THE FIRST RECORDED  
HARVEST OF  
WATERMELON WAS  
5,000 YEARS AGO IN  
EGYPT.

HIEROGLYPHICS  
MARK THE EVENT!

## HEALTH BENEFITS OF WATERMELON

**Heart health:** high levels of *lycopene* are very effective at protecting cells from damage and may help lower the risk of heart disease. An American Journal of Hypertension study found that watermelon extracts helped reduce hypertension and lower BP in obese adults. *Menopausal women* with increased aortic stiffness, took watermelon extract for 6 weeks and saw decreased BP and arterial stiffness. *Arginine* can help improve blood flow and may help reduce accumulation of excess fat.

**Anti-inflammatory properties:** *lycopene* is an inhibitor for various inflammatory processes and works as an antioxidant to neutralize free radicals. *Choline* helps keep chronic inflammation down.

**Hydration:** the juice is full of good *electrolytes*, which may help prevent heat stroke.

**Digestion:** the *fiber* in watermelon can encourage a healthy digestive tract.

**Skin and Hair:** vitamin A *moisturizes* and encourages healthy *growth of new collagen and elastin* cells.

**Muscle soreness & athletic performance:** the *amino acids* citrulline and arginine help improve circulation which can *reduce muscle soreness* after an intense workout. A 2015 study in the Journal of Applied Physiology suggests that citrulline may also *help improve athletic performance*, especially in cycling and sprinting.

**Cancer prevention:** like other fruits and veggies, watermelon may be helpful in reducing the risk of cancer through their *antioxidant properties*. Lycopene has been linked to *reducing prostate cancer cell proliferation* (National Cancer Institute.)

**Nutrition facts:** 1 cup diced has 40 calories, zero from fat...20% of the vitamin C and A we need daily...9% of the daily requirement for potassium...40% more lycopene than a tomato...zero cholesterol and sodium... a bit of calcium and iron.

**Seedless watermelons:** are they GMO foods? They are made two ways. One is to create a hybrid fruit by crossing two types of melons to add a chromosome. Second is by adding a drug called Colchicine, which is a chromosome altering chemical. So, the answer is yes, *seedless watermelons are genetically modified*.

## HEALTH RISKS: *can you overdo a good thing?*

In reasonable amounts, watermelon has no serious side effects. If eaten in excess, one may experience problems from too much lycopene or potassium.

More than 30 mg of lycopene daily could cause nausea, diarrhea, indigestion or bloating.

Those with serious hyperkalemia (too much potassium in the blood) should limit to 1 cup daily. Hyperkalemia can result in irregular heartbeats as well as reduced muscle control.

Using watermelon to fill up in order to lose weight is not a healthy idea. It will be muscle weight lost.

And, though healthy, it is fairly high in sugar.

