- Rich in the amino acid *citrulline*, which helps produce beneficial *nitric oxide*, lowering blood pressure and improving blood flow

diabetes. Seedless varieties contain more lycopene

Potential benefits of consuming watermelon

High in antioxidant vitamins C and A for healthy skin, hair and eyes

43 Calories, 1 gm protein, 1 gm fiber, and no fat or cholesterol

 Contains B vitamins biotin and folate, minerals magnesium, calcium and iron, all good for your heart and bones

• Richest source of lycopene, an antioxidant that protects against cancer and

- Seeds are higher in nutrients than the flesh. Roast and

Although watermelon is 92% water, it is also rich in vitamins, minerals and antioxidants, low in calories and super delicious!

1 cup of watermelon provides:

Health Benefits of Watermelon



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- Rinds are often pickled. Use certified organic melons toss into salads, on cereal or in backed goods



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