- lowering blood pressure and improving blood flow
- High in antioxidant vitamins C and A for healthy skin, hair and eyes
- Contains B vitamins biotin and folate, minerals magnesium, calcium and iron,
- Seeds are higher in nutrients than the flesh. Roast and
- Potential benefits of consuming watermelon
- Richest source of lycopene, an antioxidant that protects against cancer and
- diabetes. Seedless varieties contain more lycopene
- Rich in the amino acid *citrulline*, which helps produce beneficial *nitric oxide*,
- all good for your heart and bones

Health Benefits of Watermelon

TERMELO

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:

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



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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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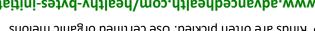


# Health Benefits of Watermelon

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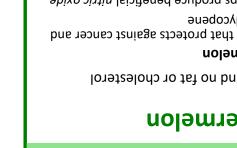




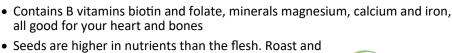
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