



[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

- Rinds are often pickled. Use certified organic melons
- Seeds are higher in nutrients than the flesh. Roast and toss into salads, on cereal or in baked goods
- all good for your heart and bones
- Contains B vitamins biotin and folate, minerals magnesium, calcium and iron,
- High in antioxidant vitamins C and A for healthy skin, hair and eyes
- lowering blood pressure and improving blood flow
- Rich in the amino acid *citrulline*, which helps produce beneficial *nitric oxide*,
- diabetes. Seedless varieties contain more lycopene
- Richest source of *lycopene*, an antioxidant that protects against cancer and

**Potential benefits of consuming watermelon**

1 cup of watermelon provides:  
• 43 Calories, 1 gm protein, 1 gm fiber, and no fat or cholesterol

**Health Benefits of Watermelon**



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

**WATERMELON**



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