

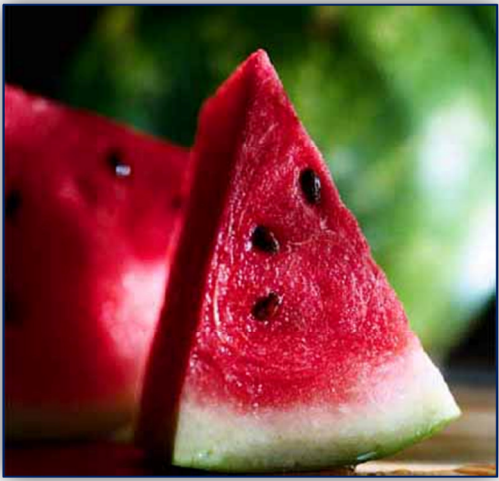
# Watermelon

## Antioxidant Warrior

Watermelons are packed with some of the most important antioxidants in nature – vitamin C, beta-carotene, and lycopene.

**Food for thought ...**

“Watermelon is not only great on a hot summer day, this delectable thirst-quencher may also help **quench the inflammation that contributes to conditions like asthma, atherosclerosis, diabetes, colon cancer, and arthritis.**”

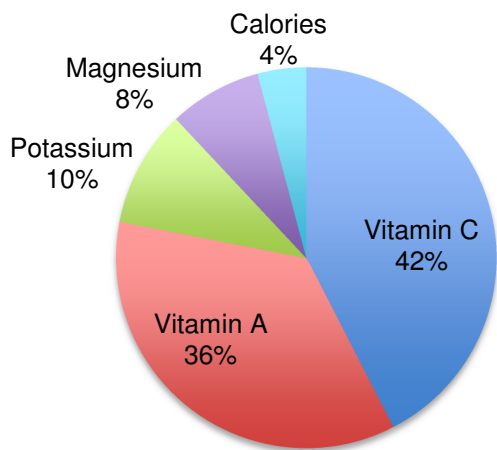


## High intakes of Vitamin C and Beta-Carotene...

have been shown to reduce the risk of heart disease, airway spasm in asthma, risk of colon cancer, and alleviate some symptoms of osteoarthritis and rheumatoid arthritis.

**Lycopene** has been widely studied in humans (not animals) and found to be protective against prostate cancer, breast cancer, endometrial cancer, lung cancer, and colorectal cancers. Lycopene’s role in protecting cells and other structures in the body from oxygen damage has been linked in the prevention of heart disease.

## % Daily Value in 1 cup of Watermelon



## Watermelon teams up with Green Tea!

According to the *Asia Pacific Journal of Clinical Nutrition*, research suggests watermelon and green tea may greatly reduce a man’s risk of developing **prostate cancer**.

- ✓ 86% reduced risk of prostate cancer compared to men drinking the least green tea.
- ✓ 82% reduced risk of prostate cancer compared to men consuming the least lycopene-rich foods.

Regular consumption of both green tea and foods rich in lycopene resulted in a **synergistic effect**, *stronger* than the protection afforded by either.

Resource: <http://www.whfoods.com/>

# Watermelon Summertime Salad



*"Refreshing mango and watermelon mixed with fresh mint in this tasteful summer salad."*



## Ingredients

- 4 cups mixed baby greens
- ½ cup diced mango
- ½ cup cubed seeded watermelon
- 1 tbsp chopped fresh mint
- ¼ cup crumbled feta cheese
- 2 tbsp minced red onion
- 1 tbsp white balsamic vinegar
- 1 tbsp olive oil
- 1 tbsp frozen mango or orange juice concentrate, thawed

## Directions

1. Combine the baby greens, mango, watermelon, mint, feta cheese, and minced onion in a mixing bowl. Whisk the vinegar, olive oil, and mango juice concentrate together in a small bowl, and pour over the salad. Toss gently to evenly coat.

Nutritional Information (per serving)			
<b>Calories</b>	<b>111</b>	<b>Vitamin A</b>	<b>88% DV</b>
<b>Protein</b>	<b>3.3 g</b>	<b>Cholesterol</b>	<b>14 mg</b>
<b>Carbohydrate</b>	<b>9.9 g</b>	<b>Sodium</b>	<b>196 mg</b>
<b>Total Fat</b>	<b>6.9 g</b>	<b>Fiber</b>	<b>1.2 g</b>
<b>Saturated Fat</b>	<b>2.9 g</b>	<b>Makes 4 servings</b>	

Resource: <http://www.allrecipes.com>

