

## Watermelons - Don't Stop If You See Red!

- A truly international fruit! - Watermelons squeeze nature's goodness into every bit of its being. The fruit is popular as an excellent thirst buster, especially during those sultry summer days. It brings quick respite from the sweltering heat with its cool, scarlet juice and lip-smacking freshness. Indeed, watermelon juice is a veritable delicacy around the world. No wonder, it is grown in 96 countries worldwide, with China leading the production, followed by Egypt, the Mediterranean region and United States. In the U.S. alone, 44 states are growing the fruit including Florida, Texas, California, Georgia, and Arizona. What makes watermelons an excellent natural source of good health is the fact that they are not only low in calories (only about 51 calories per cup), but also a great source of vitamins A and C, potassium and the antioxidant Lycopene. The goodness of watermelons is threefold. Let's take a closer look at each.

- The natural guard against prostate cancer - First, watermelons provide excellent protection from diseases of the prostate, especially cancer. The active agent helping in this beneficial process is Lycopene. And when it comes to Lycopene, it's hard to beat watermelons. Fresh tomatoes are a close second to watermelons in Lycopene content. Mangoes are also rich in the substance. But what is Lycopene It is a naturally occurring chemical known for its cancer-fighting properties. Lycopene is responsible for the red color of many fruits and vegetables like tomatoes. Modern research shows that eating watermelons and drinking green tea are a great way to fight cancer of the prostate.
- Matters of the heart - Secondly, watermelons do wonders in improving cardiac health. The green fruit has earned the American Heart Association's "heart check" seal of approval. This certification program provides a clear pointer for shoppers looking for heart-healthy food. To qualify for this certification, a food must be low in total and saturated fat, cholesterol and sodium. What's more, it must also contain at least 10 percent of the recommended daily intake of one or more key nutrients, viz. protein, vitamin A, vitamin C, calcium, iron or dietary fiber. Watermelon passes the test with flying colors. The Lycopene present in watermelons also help fight cholesterol while potassium combats high blood pressure and reduces the threat of a heart attack drastically. When top notch heart health is the agenda, watermelons are indispensable.
- Your perfect weight loss aid - Last but not the least, watermelons are excellent means of controlling obesity. It's easy to keep unnecessary weight off by adding copious amounts of watermelon to your diet. It is a proven fact that foods with high water content help in losing weight. With 92% water content, watermelons offer an excellent choice in keeping those pesky pounds at bay. Take comfort in the fact that one slice contains only a single gram of fat. Interested in learning more about the many health benefits of this wondrous creation of nature Watermelons and good health have become synonymous. Find out how by visiting this brilliant resource on watermelons. You owe it to yourself.

## About the Author

So the next time you see a juicy, red slice of [watermelon](#), don't stop. Bite into it and enjoy the benefits of good health and great taste.

Source: <http://www.articlesoft.com>