



Watermelon Wisdom ...

Tired of listing all the foods patients and clients can't have?

Then breathe a sigh of relief and focus on something they can eat to their hearts' content -

watermelon.

What better way to improve health - both physically and mentally - than to nibble on sweet and juicy, chin-dribbling watermelon?!

One reason to snack on watermelon instead of chips is that heart health begins with fruits and vegetables. The more fruits and vegetables your clients eat, the lower their heart disease risk. Watermelon, in particular, is an excellent source of lycopene, a red pigment. In fact, watermelon has more lycopene than do tomatoes - up to 20 milligrams in each two-cup serving. Watermelon also is low or free of cholesterol, fat, and sodium. Watermelon consumption (six cups) increases free arginine which maintains cardiovascular function.

Then there's the longevity factor. According to a study from the University of Naples in Italy, people who live more than a century also live the healthiest. Their secret? You guessed it, they eat the most fruits and vegetables.

How can you encourage your clients to consume more nutrient-packed watermelon? Tell them to...

1. Bring it: Bag slices and cubes of watermelon and place in your gym bag, briefcase, or purse before leaving home.
2. Double it: Have two cups of watermelon instead of one cup and you are one-quarter toward your goal of 8 servings of fruits and vegetables each day.
3. Hide it: Toss watermelon in salads and smoothies.
4. Cross dress it: Disguise fruit as dessert, i.e., top lemon yogurt with watermelon cubes, blend watermelon and Splenda and freeze for a homemade sorbet, or puree watermelon, sweeten with concentrated apple juice and freeze into ice cubes or pops. Add cubes to club soda for a refreshing drink.



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