



Felician Village

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It's Watermelon Season!



Summer is a great time to incorporate watermelon into your everyday routine. Watermelons are high in lycopene, with levels comparable to raw tomatoes. They are also a good source of beta-carotene. Watermelon rind is a natural source of citrulline, an amino acid that promotes nitric oxide production, improving blood flow through arteries.

When choosing melons, look for a firm watermelon with no bruising, cracks or dents. Store uncut melon at room temperature for 2–4 days, so it can reach full ripeness, and then store it in the refrigerator for up to 2 weeks.

Domestic season for watermelon: March through August.

Research has shown lower risks of colorectal and prostate cancers in those that consumed high levels carotenoid-containing foods, such as watermelon.

Nutrition information:

•1 C of watermelon balls contains 46 calories, 1 g protein, 0 g fat, 12 g carbohydrate, 1 g fiber, 172 mg potassium, 43 mcg vitamin A, and 13 mg vitamin C.