

# Not Just Another Pretty Fruit—Watermelon Is A Lycopene Leader

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(NAPSA)—It's hard to beat a sweet, juicy slice of ice cold watermelon on a hot summer day. You may have always enjoyed watermelon's delicious taste and brilliant red color—now you can enjoy its stellar nutrition content as well. The U.S. Department of Agriculture recently determined that watermelon contains more of the health-promoting compound



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lycopene, per serving, than any other fresh fruit or vegetable. Lycopene gives watermelon and tomatoes their red color, and is thought to act as a powerful antioxidant that may help to reduce the risk of age-related diseases. Many studies have concluded that a diet rich in fruits and vegetables may help to reduce the risk of heart disease and cancer. Choosing a variety of colorful fruits and vegetables from the 5 color groups (blue/purple, green, white, yellow/orange and red), gives you a wide range of vitamins, minerals, fiber and phytonutrients your body uses to stay healthy and energetic, and to help maintain a healthy weight. A 2-cup serving of watermelon is an excellent source of vitamins A, B6 and C and contains more than four times as much lycopene as one medium-sized tomato.

Everyone always wants to choose a good watermelon. Look for one with a firm, symmetrical shape which is free of bruises, cuts and dents. The watermelon should be heavy for its size. Turn it over and on the underside there should be a creamy yellow spot where it sat on the ground and ripened. Be sure to wash your watermelon and knives before cutting.

Fortunately, watermelon is not just for summer anymore—you can enjoy it all year long. Carve a “football-shaped” watermelon and fill with a variety of colorful fruits for a Super Bowl party or celebrate Memorial Day with a flag made from watermelon, blueberries and whipped topping. Check the National Watermelon Promo-



## A colorful new way to start your day.

tion Board Web site for more great ideas and step-by-step instructions to complete 12 unique carving designs to use throughout the year. A crisp, sweet slice of watermelon is certainly delicious and easy, but try Watermelon Breakfast A Go Go for a great new way to start your day. Use your imagination and try different flavored yogurts or some of your favorite breakfast cereals for a twist.

For more watermelon recipes and information, visit the Web site [www.watermelon.org](http://www.watermelon.org); and for more information about 5 A Day The Color Way, visit the Web Site [www.5aday.com](http://www.5aday.com) and [www.aboutproduce.com](http://www.aboutproduce.com).

## Watermelon Breakfast A Go Go Makes 1 parfait

- 5 ounces low-fat banana yogurt**
- $\frac{3}{4}$  cup small watermelon chunks**
- $\frac{1}{2}$  cup low-fat granola**
- Garnish with slice of banana, toasted almonds or coconut and chunks of watermelon, if desired**

**In a large cylindrical glass or “to go cup” container layer ingredients in order listed. Repeat to fill container.**

**Nutritional information per serving: calories: 362, total fat: 4.6g, saturated fat: 0.9g, % calories from fat: 11%, protein: 11g, carbohydrates: 76g, cholesterol: 9mg, dietary fiber: 4g, sodium: 188mg.**