

July is Watermelon Month!

All About Watermelon

Watermelons are a favorite among the Americans and the people just cannot seem to get enough of this fruit. The nutritionists have appreciated the health benefits provided by the watermelons for a long time. The fact that is most important about the watermelon is that it is fat free and low in calories and hence is considered to be the ideal diet food.

History

Watermelon is thought to have originated in the Kalahari Desert of Africa. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and is depicted in Egyptian hieroglyphics on walls of their ancient buildings. Watermelons were often placed in the burial tombs of kings to nourish them in the afterlife. From there, watermelons spread throughout countries along the Mediterranean Sea by way of merchant ships. By the 10th century, watermelon found its way to China, which is now the world's number one producer of watermelons.

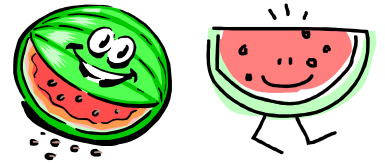
Lycopene Leader

Watermelon is the Lycopene Leader in fresh produce, having higher concentrations of lycopene than any other fresh fruit or vegetable. In fact, fresh watermelon contains higher levels of lycopene than fresh tomatoes - a 2-cup serving of watermelon contains and average of 18.16 mg and one medium-sized tomato contains 4 mg.

Heart Healthy

Watermelon has heart healthy properties because it is naturally low in saturated fat, total fat and cholesterol. A recent study by the United States Department of Agriculture (USDA) about watermelon consumption and heart healthy benefits was completed and published March 2007.

References: Watermelon.org, Buzzle.com



Maxwell Family
Chiropractic Center's

Watermelon Day!



July 15th

Come & Enjoy a
Delicious Slice of
Watermelon on us!!

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Watermelon Fun Facts

- Watermelon is actually a vegetable and not a fruit.
- Watermelon consists of 92% water and 8% sugar.
- Every part of the watermelon, including the seeds and the rind is edible.
- The largest consumption of watermelon is in the United States, when considered by the weight of the watermelon.
- Watermelon is grown in over 96 countries worldwide.
- In 1990, Bill Carson of Arrington, TN grew the largest watermelon at 262 pounds that is still on the record books (1998 ed. Guinness Book of World Records).
- There are over 1,200 varieties of watermelon.

