

Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

July 2021

Watermelon Is Worth Its Weight in Nutrition

Great in the Summer, But Good for You All Year Round

Besides being a tradition at summer picnics, watermelon is loaded with hefty health benefits. It's low in calories but high in vitamin C, vitamin A and a whole host of healthy compounds. Just look at the list below and add a slice of watermelon to your regular diet!

- **Good for Hydration**

As the name implies, watermelon contains about 92% water, which helps keep you hydrated and also makes you feel full without eating lots of calories -- in fact, only 46 calories per cup.

- **Cancer-Curbing Properties**

Plant compounds in watermelon have been studied for their ability to lower the risk of cancer and inhibit growth of tumors. While research is inclusive, benefits appear promising.

- **Heart-Healthy**

Some of the primary nutrients in watermelon may help lower cholesterol and blood pressure, reduce the thickness of artery walls and expand blood vessels -- all good for a healthy heart.

- **Brain Food**

A major anti-inflammatory benefit: watermelon's abundant supply of vitamin C and lycopene may help delay the onset or slow the progression of Alzheimer's and other chronic diseases.

- **Good for Your Eyes**

Lycopene in watermelon may also help keep eyes healthy and protect against age-related macular degeneration thanks to its antioxidant and anti-inflammatory properties.

- **Help for Sore Muscles**

Research has shown that an amino acid in watermelon juice may lead to less muscle soreness and quicker heart-rate recovery after exercise.

- **Prevents Dry Skin and Hair**

Watermelon's abundance of vitamin A and C, along with lycopene and beta-carotene, help create and repair skin cells, keep skin supple and hair strong and may guard against sunburn.

- **Digestive Aid**

Eating water-rich and fiber-rich fruits and vegetables, including watermelon, can be very helpful in promoting easy and healthy digestion.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: healthline.com

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

___\$10 ___\$25 ___\$50 ___\$100 ___Other \$___

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Telephone _____



P.O. Box 320189
Birmingham, AL 35232-0189
205.592.0413

You may also donate online at www.mowjeffco.org/give.

CSH-07/21