

# Online Library Watermelon Pdf Free Copy

**watermelon 101 nutrition facts and health benefits** Aug 25 2023 web mar 7 2019 the watermelon *citrullus lanatus* is a large sweet fruit originally from southern africa it s related to cantaloupe zucchini pumpkin and cucumber watermelon is packed with water and

*watermelon health benefits nutrition and risks* May 22 2023 web dec 18 2019 watermelon provides various health benefits including hydration and essential nutrients along with cantaloupe honeydew and cucumber watermelons are a member of the cucurbitaceae family

**nutrition facts and health benefits of watermelon** Feb 19 2023 web watermelon is a wonderful addition to a heart healthy diet and is proudly american heart association heart check certified it is cholesterol free fat free sodium free and only 80 calories per 2 cups 2 it also contains an antioxidant rich phytonutrient lycopene 12 7 mg per 2 cup serving

**watermelon wikipedia** Jul 24 2023 web watermelon *citrullus lanatus* is a flowering plant species of the cucurbitaceae family and the name of its edible fruit a scrambling and trailing vine like plant it is a highly cultivated fruit worldwide with more than 1 000 varieties

**watermelon nutrition health benefits recipes britannica** Apr 21 2023 web sep 21 2023 watermelon *citrullus lanatus* succulent fruit and vinelike plant of the gourd family cucurbitaceae native to tropical africa and cultivated around the world the fruit contains vitamin a and some vitamin c and is usually eaten raw the rind is sometimes preserved as a pickle

**watermelon nutrition facts and health benefits verywell fit** Mar 20 2023 web mar 29 2022 watermelon one of summer s most iconic fruits is low in calories and rich in water it s also an excellent source of vitamins a and c and lycopene while being less acidic than citrus fruits and tomatoes other well known providers of lycopene and vitamin c watermelon nutrition facts

**top 9 health benefits of eating watermelon** Jun 23 2023 web feb 23 2023 watermelon is a good source of antioxidants and nutrients in addition to supporting hydration it may also promote many aspects of health and prevent certain health

conditions medically

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