

Health Benefits of Watermelon

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Watermelon has always been a good source of vitamins A and C, and provides potassium and fiber. But now consumers have even more reasons to enjoy a sweet fruit.

Scientists indicate that watermelon contains high levels of lycopene-an antioxidant that may help the body fight cancer and prevent disease. Found only in select fruits and vegetables, lycopene is very effective at trapping cancer-promoting agents called free-oxygen radicals.

A study conducted by Harvard University found that men who ate lycopene-rich diets of tomatoes and tomato products had a much lower risk of developing certain cancers, especially prostate cancer. Lycopene is found only in red watermelon varieties. In fact, it gives watermelon its red colour, thus, the redder the watermelon, the more lycopene it contains.

We have always known that watermelon offers a number of benefits .But as lycopene continues to emerge as a possible important, effective agent in disease prevention. In addition to lycopene, watermelon offers a host of other health benefits. It is fat-free, yet delivers 100 percent on the critical energy component found in functional foods.