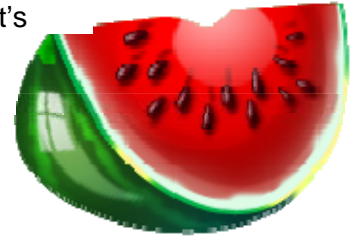


Wonderful WATERMELON:

Here are three great health reasons from RealAge.com to dig into this juicy summertime fruit:

1. **It's loaded with lycopene.** Watermelon juice actually gave tomato juice a run for the money in a recent study of lycopene levels. That's good news for your body, because early research suggests that lycopene may be a cancer crusher.
2. **It can make your skin pretty.** Watermelon is loaded with a key compound credited with helping skin's healing and regenerative processes. Say no more - bring on the melon!
3. **It's practically *calorie-free*.** With fewer than 50 calories in every cup, watermelon is one smart way to satisfy a sweet tooth. And with a whopping 141 grams of water per cubed cup, watermelon will keep you hydrated, too



Did you know?

Whole watermelons stored at room temperature deliver more cell-protecting antioxidants (specifically lycopene and beta carotene) than refrigerated or freshly picked melons. Here's why: After it's picked, watermelon continues to ripen and build up antioxidants. Cold temperatures appear to cut this process short. So leave your watermelon out, as long as you haven't sliced it. After its cut, it should be stored in the refrigerator for food-safety reasons.