

Healthy Eating, Active Living: Watermelon – the cool fruit

By Brittany Lorimer, Community Contributor

Description: Watermelon is made up of 92 percent water, making it a refreshing food that can quench your thirst. *Posted Wed Jul 19, 2006 14:54:32 PDT*



Picture this: It is a sizzling summer day in Bakersfield; the temperature tops 105 degrees. You are hot, tired and looking for a healthy snack to eat. You want to keep active but unsure how.

What can you do for those Bakersfield summertime blues?

How does a refreshing slice of watermelon sound to you?

These are the facts: Watermelon is made up of 92 percent water, making it a refreshing food that can quench your thirst – even early explorers used watermelons as canteens.

Watermelon is a fat-free food which provides 80 calories and two grams of fiber for a two-

cup serving and is packed with many vitamins, including, vitamins A, B6 and C.

These vitamins help our bodies boost our immune system, fight infection and promote optimal eye health. Watermelon is a locally grown crop in Kern County and is available year round. However, peak season is in July.

When thinking of watermelon, you may also begin thinking about jumping into a pool. Putting the emphasis on “water” – from the term watermelon – may make you want to jump into a pool.

Swimming can be a great way to stay active during these hot summer months.

Swimming laps is a great form of exercise that puts less stress on the bones and joints because the body is supported by water. By swimming laps, you can burn as many calories in an hour as a runner who runs six miles in an hour.

No matter if it is playing Marco Polo, water volleyball or leisurely swimming in the pool; kids and adults of all ages can enjoy the pool to keep active and stay cool.

So, here is a great watermelon recipe the whole family can enjoy during the hot summer months.

Parents, get your kids involved in making this icy treat!

- Watermelon Iced
- 2 cups watermelon, cubed, and seeded
- 4 large strawberries
- 1/2 cup guava juice

- 2 cups Ice
- Place all ingredients listed in a blender. Blend until smooth and ice is completely crushed. Serve immediately or chill in the freezer for later use.
- Number of Servings: 3
- Prep/Cook Time: 5 Minutes

Brittany Lorimer is a registered dietitian. The healthy eating and active living articles will be published regularly and will feature locally grown crops.

This article was brought to you by Get Moving Kern, a community that was developed to improve the health of children and adults in Kern County by promoting healthy eating and active living. For further information, please visit our Web site: [www. Getmovingkern.org](http://www.getmovingkern.org).