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## Perfect watermelon how to pick a good watermelon

Watermelon is not only delicious, but extremely healthy, as well. In fact, most melons are rich in potassium, a nutrient that may help control blood pressure, regulate heart beat, and possibly prevent strokes. The 2005 Dietary Guidelines state that a potassium-rich diet helps keep salt from raising blood pressure and may also reduce the risk of developing kidney stones and possibly age-related bone loss. The guidelines encourage adults to consume 4,700 milligrams per day (while keeping sodium to less than 2,300 milligrams per day, which is one teaspoon of salt). Watermelon has lycopene, which can help reduce the risk of several cancers.Melons are also abundant in vitamin C, one arm of the now-famous disease-fighting antioxidant trio. Another arm that's well represented is beta-carotene. Researchers believe that beta-carotene and vitamin C are capable of preventing heart disease, cancer, and other chronic conditions. No matter which way you cut them, when it comes to nutrition, melons are number one.Watermelon is a valuable source of lycopene, one of the carotenoids that have actually been studied in humans. Research indicates that lycopene is helpful in reducing the risk of prostate, breast, and endometrial cancers, as well as lung and colon cancer.Whether you choose watermelons for their health benefits or simply for their good flavor, they can be an excellent snack, summer dish -- or gardening project.Nutritional Values of Watermelon Serving Size: 1 cup Want more information about watermelons? Try:This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Page 2 Watermelon is not only delicious, but extremely healthy, as well. In fact, most melons are rich in potassium, a nutrient that may help control blood pressure, regulate heart beat, and possibly prevent strokes. 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Research indicates that lycopene is helpful in reducing the risk of prostate, breast, and endometrial cancers, as well as lung and colon cancer.Whether you choose watermelons for their health benefits or simply for their good flavor, they can be an excellent snack, summer dish -- or gardening project.Nutritional Values of Watermelon Serving Size: 1 cup Want more information about watermelons? Try:This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of their physician or other health care provider. Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! Few things are worse than expensive fruit going bad just days after you bought it. Aside from bringing a farmer shopping with you, what's the best way to assess produce before you buy it? Follow these handy tips for selecting the juiciest fruits and crispest veggies. You'll never have to lug home a bad watermelon again (page 10.) 1. Opt for the best apples Apples should be crisp and brightly colored. | iStock.com Apples will tell you a lot based on sight alone. First, avoid prepackaged apples that don't allow you to select the best ones of the bunch. Check the fruit for discoloration or rotten spots. Bruises and dirt may look similar, so look closely before casting it aside. Next, give your apple a little squeeze. It should be firm and free of soft spots. Check for a bright red color (or green or yellow, depending on the variety). Dull apples are usually less flavorful. Lastly, give your apple a quick sniff. Good apples smell sweet and fragrant while rotten apples are obvious to the nose. Next: This veggie shouldn't have much bend. 2. Find the best carrots Look for carrots with stems attached. | iStock.com/Nataliia Pyzhova Carrots with green stems still attached are fresher and taste better. Also, avoid the over-sized versions; smaller, dark-orange carrots are sweeter. A carrot should feel firm in your hand. Pliant, soft carrots don't taste as good. When you get home from the store, remove the stems immediately and keep carrots in the crisper drawer until you're ready to enjoy them. Next: Always buy these fruit at the height of the season. 3. Pick the juiciest peaches Ripeness matters for peaches. | iStock.com To guarantee your peach hasn't traveled for too long, shop during the height of the season (May to September, depending on your location). Peaches should be vibrantly colored and slightly fragrant. Gently squeeze the shoulder and top. Soft peaches are ripe and ready to eat. Firmer peaches should last a few days, or they're great to enjoy if you like a crisp feel. Just be sure your peach isn't too mushy, which may indicate that it's overripe and will rot sooner. Next: Make sure that purple skin shines. 4. Choose an excellent eggplant There's more than one way to cook an eggplant. | iStock.com/Olha Afanasieva Eggplants taste great in so many ways -- from chopped up and grilled with a little olive oil to baked into decadent eggplant Parmesan. When choosing an eggplant, look for smooth, shiny skin that's free from spots and blemishes. The green stem on the top should have healthy-looking leaves that aren't soft, spotted, or shriveled. Your eggplant should also be heavy and the skin should bounce back quickly when you gently press on it. Next: Never store these in a refrigerator. 5. Determine the top tomatoes Look for fresh green stems. | iStock.com/Voloshin311 Fresh tomatoes are a delight, whether you make a Caprese salad or enjoy slices on a sandwich. When picking yours, look for plump versions with smooth, unblemished skin. You should see no visible cracks or rot spots, and the stems should be green. Ripe tomatoes are soft but not too soft and have a mild fragrance. Never store tomatoes in a refrigerator; this damages the membranes inside the fruit's walls, which can cause a mealy texture. Next: You always want this veggie looking tight and green. 6. Buy the brightest broccoli Raw broccoli | Source: iStock To choose the perfect broccoli, look for green heads with tight florets and firm stalks, according to The Spruce Eats. When you hold the broccoli head it should feel heavy, and the cut end should look fresh and moist. Don't buy broccoli with browning ends or yellow florets. Next: These veggies actually squeak when they're at peak freshness. 7. Hunt down the tastiest artichokes Artichokes | iStock.com/Dianazi Unlike most of the fruits and veggies on the list, you'll need to use your ears in order to find the best ones. The freshest artichokes will actually squeak when you squeeze their leaves. Besides this audible cue, also look out for a pistachio-green color and leaves that aren't brown or dried on the edges. Next: How to pick without peaking 8. Earn those ears of corn How to pick the right cob | chenyuzheng/iStock/Getty Images All you need to do it peek inside an ear of corn to get an idea of its freshness. However, it's not proper etiquette to peel corn before purchasing, according to Food52. Plus, corn is freshest when kept inside its husk until you cook it. So, how do you spot the right ear from the outside? If the tassels are dry or black, don't buy it. If you see brown holes in the husk, they're likely wormholes. If the husk is tight against the corn, that's better. Look for moist, brown tassels and a bright green husk. Next: Don't pick the wrong magical fruit. 9. Green beans The most beautiful green beans | JB325/iStock/Getty Images Bigger isn't better concerning green beans. When they're too thick or long, they lose their freshness and flavor, according to Taste of Home. So what should you look for? Moist beans with a bright green surface. If they look yellow or dry, avoid them. Don't buy green beans with yellow or lumpy skin. And make sure your green beans snap. Bend the pod and listen for the familiar snap of a ripe green bean. If they simply bend, the beans are buy-able. Next: Never lug home a bad watermelon again. 10. Find the best watermelon Look for the yellow spot on the watermelon. | iStock.com The difference between a good watermelon and a bad watermelon is often extreme - and who wants to waste their time on a mediocre version of summer's favorite treat? Here's what you need to know about choosing the best one in the batch. According to The Kitchn, the first thing you should measure is weight. No matter the size, the watermelon should feel heavy and substantial in your hands. Next, flip it over and look for a yellow spot. The yellow spot indicates ripeness, and the riper your watermelon is, the sweeter it will taste. Finally, give it a good thump. Ripe watermelons have a hollow sound, while those that are under- or overripe sound dull. Next: This food can get slimy real fast. 11. Get a better head of lettuce Green, leafy lettuce | iStock.com/Wmaster890 The most important thing to look for when you're lettuce shopping is crisp leaves. Wilted, weathered leaves that are yellow or brown or dark green and slimy indicate that the lettuce has passed its point of freshness. The outer leaves are usually most susceptible to damage, but even they should be visually appealing and stiff. However, a brown stem on the lettuce is totally normal and does not indicate that the lettuce has gone bad. Next: Bigger isn't better when it comes to this veggie. 12. Single out the best zucchini Don't pick the biggest zucchini. | iStock.com/Rhofack2 When looking for the best one, bigger is not better. Giant zucchinis are watery, seedy, and lack good flavor; so always choose the smaller ones when possible. It can be green, yellow, or white, but no matter the color, it should be vibrant rather than full. Ripe zucchinis are firm to the touch with no apparent blemishes or rot spots. A zucchini with the stem still firmly attached will last longer. Have too much zucchini? Try freezing it for later and enjoying it any time of the year. Next: Don't be afraid to give this fruit a little peek. 13. Buy an awesome avocado Avocados are perfect for a short window. | iStock.com Avocados are one of the trickier fruits to pick, but it's not impossible. You should determine an avocado's ripeness by feel -- not by color. To pick the best one, feel it in your hand. A ripe avocado should be just the right mix of soft and hard, yielding to pressure when gently squeezed. Store avocados at room temperature unless you find yours ripening too quickly. If you notice it getting too soft too fast, put it in the fridge to slow the ripening process. Another quick way to determine your avocado's ripeness is to peel the stem off the top. If it's green underneath, that means it's ready eat. Next: Always inspect this fruit's container before purchase. 14. Selecting the sweetest strawberries Buy strawberries in season. | Sandra Mu/Getty Images The best way to ensure your strawberries taste delicious is to buy them in-season. While you can purchase them year-round, they're more likely to be fresh and local from May to June. Strawberries purchased in January have traveled farther, making them more expensive and prone to rotting faster. When choosing your carton, look for bright red berries with vibrant green stems. Generally speaking, the smaller the strawberry, the sweeter it is. And don't forget the sniff test! If you can smell that delicious strawberry scent, then you probably have a good batch. Next: Smaller berries can equal sweeter fruit. 15. Buy the best blueberries Blueberries can be dark blue or black. | iStock.com When shopping for blueberries, don't worry about the size. Fresh blueberries may be small or large but the tastiest are firm and plump with a deep purple-blue hue that may even skew toward black. If your blueberries look a little red, they aren't ripe yet. Also, inspect your container carefully for rotten or squishy berries as these can ruin the rest of the bunch. Refrigerate your blueberries, and enjoy within 10 days of purchase. Next: Color doesn't matter when it comes to this fruit. 16. Pickling a tasty pineapple Source a superior pineapple. | iStock.com The most important thing to remember is that the color of a pineapple does not hint at the ripeness. Because ripening stops once a pineapple is harvested, even green pineapples can be ripe. Look for pineapples with fresh, stiff leaves and firm exteriors. Also, give your pineapple a good whiff to check for sweetness. Always store uncut pineapples at room temperature and only refrigerate them after cutting. Next: Squeeze this fruit before buying. 17. Get the best mango Squeeze your mango. | iStock.com For mangoes, the feel of the fruit is a better way to determine ripeness than the color. Give your potential mango a little squeeze. Just like with peaches and avocados, mangoes get soft as they ripen. Look for gentle give that's just the right amount of soft and hard. The stem ends may also have a slightly sweet aroma. Next: Avoid this fruit if it smells too sweet. 18. Select the most delicious kiwi Go exotic with a kiwi. | iStock.com Ugly on the outside, amazing on the inside, kiwis prove that you should never judge a book (or a fruit) by its cover. When searching for the best of this exotic fruit, take a look at the outer skin first. A ripe kiwi is brown and fuzzy but shouldn't have any noticeable bruises or dark spots. It should also be taut and firm without shriveling or wrinkling. Give the kiwi a soft squeeze. Again, this fruit should have a slight give but shouldn't be too firm or soft. Finally, check for a lightly sweet smell. If it smells too sweet, that may be an indication of the kiwi being too ripe and ready to go bad.

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