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ENRICHING WATERMELON DRINK WITH NUTRIENTS

Abstract. The article explores ways to enhance watermelon drinks with additional nutrients to improve their health benefits. Watermelon is rich in water, vitamins, and antioxidants that promote hydration and immunity. Adding dairy products, chia seeds, citrus fruits, ginger, probiotics, and nuts enhances its nutritional value. These ingredients support heart health, regulate blood sugar, improve digestion, and provide satiety. Nutrient-enriched watermelon drinks are an easy way to make a diet more nutritious and beneficial.

Keywords: watermelon, hydration, antioxidants, vitamins, probiotics, chia seeds, ginger, digestion, immunity, nutrition

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ОБОГАЩЕНИЕ АРБУЗНОГО НАПИТКА ПИТАТЕЛЬНЫМИ ВЕЩЕСТВАМИ

Аннотация. В статье рассматриваются способы обогащения арбузных напитков дополнительными питательными веществами для повышения их пользы для здоровья. Арбуз содержит воду, витамины и антиоксиданты, способствующие увлажнению и укреплению иммунитета. Добавление молочных продуктов, семян чиа, цитрусовых, имбиря, пробиотиков и орехов улучшает пищевую ценность напитка. Такие ингредиенты помогают поддерживать здоровье сердца, регулировать уровень сахара, улучшать пищеварение и обеспечивать насыщение. Обогащённые арбузные напитки — это простой способ сделать рацион более питательным и полезным.

Ключевые слова: арбуз, гидратация, антиоксиданты, витамины, пробиотики, семена чиа, имбирь, пищеварение, иммунитет, питание

Introduction

Watermelon (*Citrullus lanatus*) is a refreshing, sweet, and nutritious fruit that thrives in warm climates. It is primarily composed of water and contains essential vitamins, minerals, and antioxidants such as vitamin C, potassium, magnesium, and beta-carotene. Due to its high water content, watermelon is a perfect choice for hydration, especially in hot weather. However, there are ways to further enhance watermelon beverages by adding extra nutrients. In this article, we will explore how watermelon drinks can be enriched with additional beneficial nutrients.

Health Benefits of Watermelon Drink

Watermelon's most notable benefit is its high water content, making it an excellent option for hydration. It helps quench thirst and refreshes the body quickly due to its natural sugars, which provide an immediate energy boost. In addition to water, watermelon contains essential nutrients such as vitamin C, which supports immune health and promotes healthy skin, and potassium, which helps regulate blood pressure. Watermelon also contains lycopene, an antioxidant that contributes to heart health and may reduce the risk of certain cancers.

Although watermelon drinks offer a variety of health benefits, adding additional nutrients can significantly improve their nutritional profile.

Ways to Enrich Watermelon Drink with Nutrients

1. **Milk and Dairy Products:** Adding milk or yogurt to watermelon juice can significantly boost its nutritional value. Dairy products provide proteins, calcium, and other essential nutrients that promote bone health and overall well-being. Combining milk with watermelon creates a creamy, delicious, and nourishing drink that supports both hydration and nutrition.

2. **Chia Seeds or Flaxseeds:** Incorporating chia seeds or flaxseeds into a watermelon beverage enhances its fiber, omega-3 fatty acids, and antioxidant content. These seeds not only improve digestion but also aid in weight management and heart health by providing healthy fats and dietary fiber. Their absorption of water makes the drink thicker, adding a satisfying texture.

3. **Lemon or Fresh Fruits:** To boost the vitamin C content of your watermelon drink, consider adding lemon, orange, or other citrus fruits. Vitamin C plays a key role in supporting the immune system and promoting skin health. Additionally, adding fresh fruits will naturally sweeten the drink while providing additional vitamins and antioxidants.

4. **Ginger or Fresh Turmeric:** Adding ginger or turmeric to watermelon drinks can enhance their flavor while boosting their anti-inflammatory properties. Ginger is known to aid digestion and alleviate nausea, while turmeric provides curcumin, an antioxidant that helps reduce inflammation and supports joint health.

5. **Probiotics:** Probiotics can be incorporated into watermelon drinks through ingredients like kefir or yogurt. These beneficial bacteria improve gut health, support digestion, and boost the immune system. By adding probiotics to a watermelon drink, you also enhance its nutritional profile, making it not only refreshing but also gut-friendly.

6. **Nuts or Oats:** Nuts like almonds, walnuts, or oats can be added to watermelon drinks for an extra boost of healthy fats, protein, and fiber. These additions make the drink more filling and provide sustained energy. The combination of nuts and watermelon enhances the drink's nutritional density, making it a balanced and hearty beverage.

Health Benefits of Nutrient-Enriched Watermelon Drink

A watermelon drink enriched with additional nutrients offers several health benefits:

• **Supports Heart Health:** The potassium, magnesium, and calcium content found in nutrient-enriched watermelon drinks helps support cardiovascular health by regulating blood pressure and maintaining healthy blood vessels.

• **Boosts Immunity:** With added vitamin C, probiotics, and antioxidants, these drinks support the immune system, helping the body fight off infections and illnesses.

• **Helps Regulate Blood Sugar:** While watermelon naturally contains sugars, combining it with other ingredients like nuts, seeds, and dairy can help balance blood sugar levels and provide sustained energy.

• **Promotes Digestive Health:** The fiber, probiotics, and anti-inflammatory ingredients in enriched watermelon drinks can help improve digestion and reduce inflammation, leading to better overall gut health.

• **Increases Satiety:** The addition of protein, healthy fats, and fiber from seeds, nuts, and dairy helps the drink provide a feeling of fullness, making it a satisfying snack or meal supplement.

Conclusion

Enriching watermelon drinks with additional nutrients is an easy way to make them not only more delicious but also more nutritious. By adding ingredients like milk, seeds, fresh fruits, ginger, or probiotics, you can boost the health benefits of this refreshing drink. Whether you're seeking hydration, a digestive boost, or a nutrient-packed snack, an enriched watermelon drink is a perfect choice for your health and wellness needs.

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