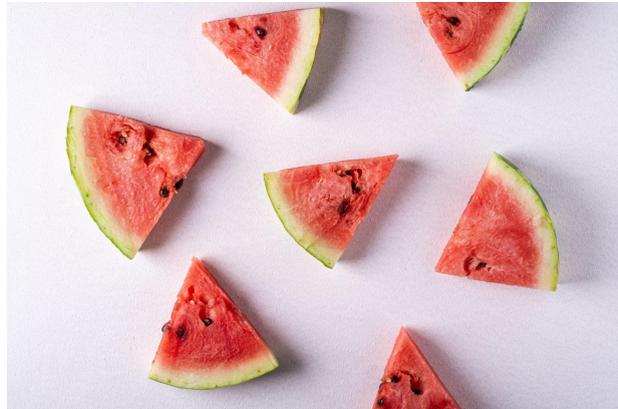


## Fancy a Super Salad? We have the one just for you: Watermelon, Feta, Red Onion and Watercress Summer Salad

By Sue Bedford (MSc Nutritional Therapy)



Watermelon is a great source of the vitamins C, A, B (some), magnesium and potassium. It is also high in carotenoids including lycopene and beta carotene- both of which are beneficial when it comes to fertility. Watermelon also contains glutathione (linked to helping improve egg quality in certain studies).

Red onion, a prebiotic food – helps to keep the gut healthy by feeding the ‘good’ bacteria found there. It is also a great source of antioxidants and contains anti-inflammatory properties along with a good amount of various vitamins and minerals including folate, vitamin c and B6, calcium, magnesium and potassium.

Feta cheese provides calcium and also protein which helps to regulate blood sugar levels by slowing down the release of sugar from food into the bloodstream.

The olives provide healthy monounsaturated fats, iron and a good amount of vitamin E- another powerful antioxidant which is important to health and fertility.

Finally....the watercress in this salad is just wonderful! It is a member of the cruciferous vegetable family and is rich in many nutrients including vitamins C, E and K, calcium, beta-carotene, iron and iodine.

### Watermelon, Feta, Red Onion and Watercress Summer salad

Ingredients

Serves: 6

- 1/2 red onion thinly sliced
- 1 tablespoon fresh lime juice
- 600g seeded, cubed watermelon
- 100g feta cheese, crumbled

- 75g pitted Black olives (optional)
- handful chopped fresh mint
- 2 tablespoons olive oil
- 120g Fresh watercress

To make:

In a large bowl, combine the watermelon cubes, feta cheese, olives and onions with the lime juice and mint. Drizzle olive oil over it all and toss to blend. Place the watercress into a serving bowl and tip over the combined ingredients. Enjoy!

Sue is a Nutritional Therapist specialising in fertility, women's health and general wellness. She works closely with IVF Babble, IVF Babble Africa and Emme Menopause Magazine. There are lots of recipes and nutrition articles over on IVF Babble written by Sue in the wellness section- [www.ivfbabble.com](http://www.ivfbabble.com) and also [www.emmemagazine.com](http://www.emmemagazine.com)

Sue is able to offer remote Nutritional Therapy consultations. If you would like more information, do take a look at her website [www.suebedfordnutrition.co.uk](http://www.suebedfordnutrition.co.uk) or send her an email [sbnutrition@btinternet.com](mailto:sbnutrition@btinternet.com)