



Pomegranates

Health Benefits of Pomegranates

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Health Benefits

- 2000 years ago the people of the Mediterranean used various parts of the pomegranate to treat a variety of ailments.



Nutritional Value



- One medium pomegranate contains:
 - 100 calories
 - 26 grams of carbohydrate
- Excellent source of:
Vitamin C and K
- Good source of: fiber, potassium, thiamin, folate, manganese and copper

Fruit vs. Juice



Phytochemicals



- Compounds produced by plants
- 122 have been identified in the pomegranate
- Phytochemicals work together to protect cells
 - Anti-aging
 - Anti-inflammation
 - Antioxidant

Antioxidants



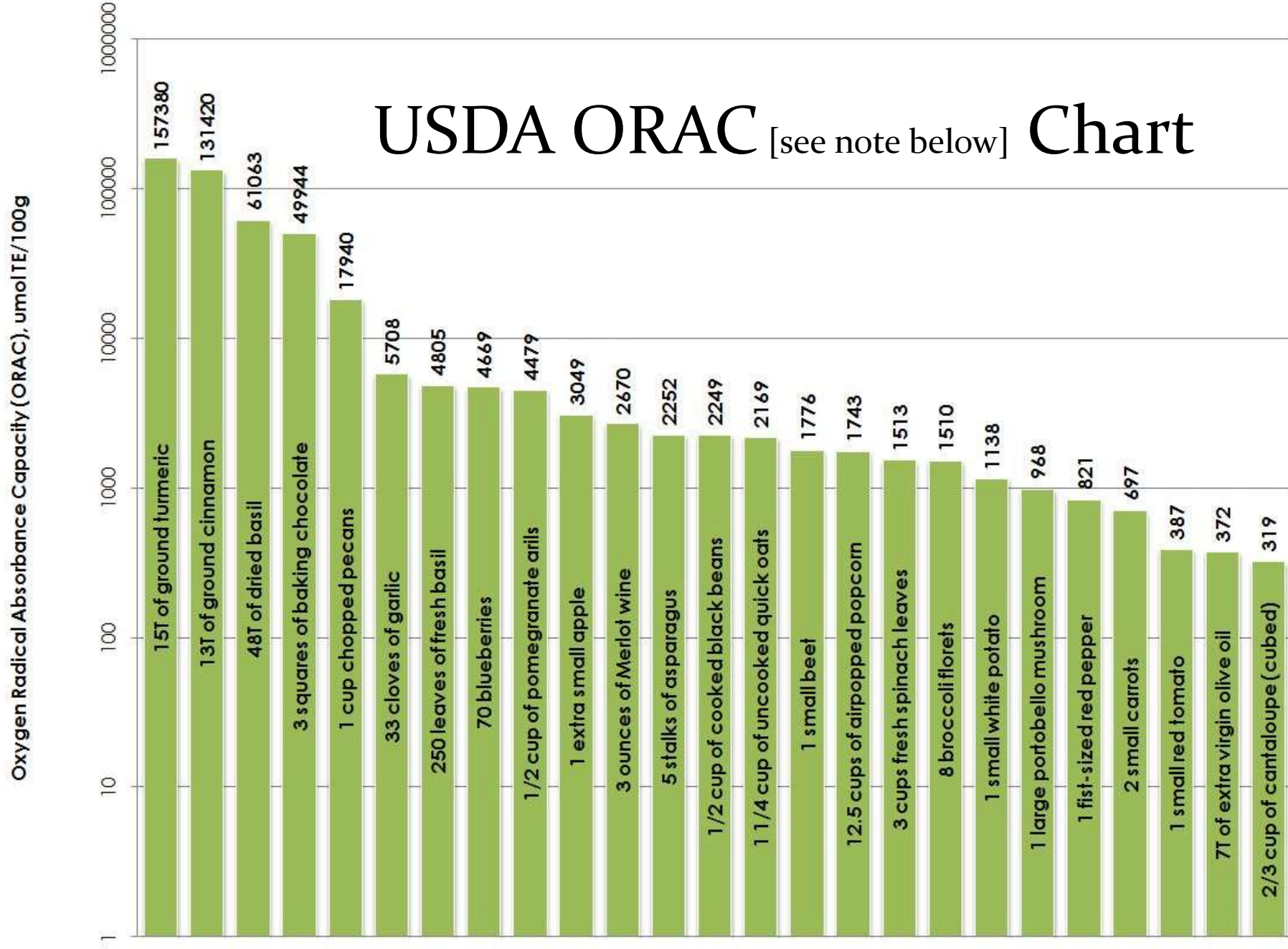
- Many of the phytochemicals in pomegranates act as antioxidants
- Antioxidants neutralizes free radicals to prevent cell damage
- Oxidation is very destructive and over time could be a pathway for cancer, heart disease and aging

Which has the highest amount of antioxidant power



- Pomegranate juice
- Red wine
- Concord grape juice
- Blueberry juice
- Black cherry juice
- Açai juice
- Cranberry juice
- Orange juice
- Tea
- Apple Juice

USDA ORAC [see note below] Chart



Heart Health



- Rich antioxidant content decreases inflammation and thickening of the artery walls
- May reduce buildup of plaque
- Reduction in blood cholesterol and blood pressure

Cancer

- Promotes cancer cell death
- Decrease cancer cell proliferation
- Inhibits enzymes implicated in cancer development
- Slows migration of cancer cells



<http://www.cancer.gov/cancertopics/pdq/cam/prostatesupplements/healthprofessional/page5> 8/6/13

Precaution

- According to the National Institutes of Health, pomegranate juice may cause “moderate” interaction with certain drugs.

Some examples:

- Cholesterol lowering drugs
- Anticoagulants
- Medications for high blood pressure



Other health benefits being studied



- Anti-microbial
- Anti-inflammatory (arthritis)
- Anti-cancer
- Anti-diabetic

Enjoying Pomegranates



Pomegranate Cooler

1 ½ C pomegranate juice

3 C seltzer water

¼ C fresh lemon juice

Add fresh mint

Conclusion



- Pomegranates are one of the most antioxidant rich fruits
- More research
- Variety! Eat a rainbow of colorful foods
- Choose whole foods
- Enjoy pomegranates

Ripe Pomegranate

Pomegranates stop ripening when picked but develop flavor in storage

Ripe fruit

- Soft outer skin that can be scratched under gentle pressure
- Sides become flattened and skin turns deep red shade
- Makes metallic sound when tapped



Selection

Weighty for size

Taut, glossy, unbroken skin



Tips for Storage

Fresh – keep in cool, dry, well-ventilated space

- Refrigerated whole – 2 months
- Fresh seeds – refrigerated 5 days
- Arils can be frozen – up to one year



Juice – canned or frozen for later use

- Best if use within one year

Fruit Uses



Edible portion – Arils
(seed and juice-filled sac
that cover them)

- Garnishes
- Snacks

Juice

- Jellies, puddings,
desserts, and drinks
- Grenadine (syrups)

Other Uses

- **Peels:** tooth powders, toothpastes, facial care products, coughing remedies, supplement in cow feed
- **Trunk Bark:** tannins used to cure leather, making insecticides, alkaloids are active against tapeworms
- **Rind and Flowers:** dyes for textiles, used to reduce oral and throat inflammation



Other Uses continued

- **Buds:** treat bronchitis
- **Leaves:** mixed with vinegar to make ink
- **Fruit:** used in ornamental decorations, extracts used as astringents
- **Wood:** used for walking sticks and in woodcrafts

