

POMEGRANATE:

DON'T TAKE IT FOR ...GRANATE!



Throughout history, this richly-colored, delicious fruit has been admired as a symbol of health, fertility, and rebirth. Some cultures believed that the pomegranate held profound and mystical healing powers. Others used it for practical tasks such as dyeing fabrics or decorating. Today, the pomegranate's nutritional value is finally being recognized. Not only is this fruit tasty, it is also packed with vitamins, minerals and health-promoting antioxidants!

SUPER FRUIT?

Pomegranates are naturally low in calories, are a great source of potassium and contain vitamin C and fiber. Studies have shown that pomegranate juice contains more anti-aging antioxidants than cranberries, green tea, grapes and red wine¹. There is also some evidence that pomegranate juice may help protect heart health by reducing bad (LDL) cholesterol and lowering blood pressure^{2,3}.

In addition to heart protection, preliminary research suggests that pomegranates may be helpful in slowing the progression of prostate cancer⁴. Keep an eye out for emerging research on the health benefits of this delectable fruit. Pomegranates may quickly earn the title of *superfruit* because of their health-bestowing properties.

THE INSIDE SCOOP

Extract the Seeds in Three Easy Steps:

- 1) Cut off the "crown", then score the outer layer of skin into sections.
- 2) In a large bowl of water, break open the fruit and roll out the seeds. The seeds will sink to the bottom while the white membrane floats to the top.
- 3) Strain the water and the seeds are ready to eat!

**Note: the heavier the fruit the more juice it contains!*



EAT UP!!

Here are some exciting ways to add pomegranate to your diet:

- Sprinkle raw seeds on green salads.
- Substitute pomegranate juice for water or chicken stock when making couscous or other whole grains.
- Mix a handful of seeds into hummus or other dips for a sweet and crunchy twist.
- Create a sweet glaze or marinade for turkeys and hams.
- Blend with other fruits or teas to make delicious smoothies.

POMEGRANATE BLUE SMOOTHIE

- 2 oz. Pomegranate juice
- 6 oz. fat-free blueberry yogurt, frozen
- 1 cup fresh blueberries
- 1 cup non-fat milk
- Handful of ice

Blend together and enjoy!!

References:

1. Gil MI, Tomas-Barberan FA, et al. Antioxidant Activity of Pomegranate Juice and Its Relationship with Phenolic Composition and Processing. *Journal of Agricultural Food and Chemistry*; 2000(48):4581-4589.
2. Aviram M. Pomegranate Juice as a Major Source for Polyphenolic Flavonoids and It is Most Potent Antioxidant Against LDL Oxidation and Atherosclerosis. *Proceedings of the 11th Biennial Meeting of the Society for Free Radical Research International*; 2002:523-528.
3. Aviram M, Rosenblat M, et al. Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation. *Clinical Nutrition*; 2004(23):423-433.
4. Pantuck, AJ, Leppert, JT, et al. Pomegranate juice delays PSA doubling times in humans. *Clinical Cancer Research*; 2006;12(13):4018-4026.

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http://www.pomwonderful.com/how_to_open.html



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