



Pomegranates

Health Benefits and Other Uses

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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



Phytochemicals

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



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



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



Other health benefits being studied

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



Ripe Pomegranate

Pomegranate stops ripening when picked but develops 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 (syrops)



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

