

## Health Benefits and Other Uses

**UFAS Extension** 

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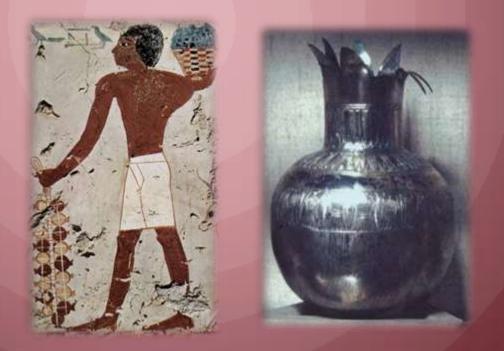
#### **UF FLORIDA** IFAS Extension



#### 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-agingAnti-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



Journal of Agricultural and Food Chemistry. 2008

### 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





Nutrition Reviews 2009; 67: 49-56

#### 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 useBest 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



