

Pomegranate 101

Brought to you by Froedtert and Community Memorial Hospital Dietitians

Did you know that November is National Pomegranate Month?

Pomegranates are not only delicious and beautiful, but they are also one of the most nutritious fruits you can eat. They contain glistening red arils that are delicious and heavy with juice. Inside each aril is a tiny edible seed that provides valuable fiber and can be enjoyed along with the aril. Arils are high in vitamin C and potassium while being low in calories (1/2 cup of arils are only 80 calories!).

Pomegranates are in season from October through January and they are picked when ripe so when you see them in stores, they are ready to enjoy. When selecting a pomegranate, consider that the heavier the fruit is, the juicier it will be.

According to the Pomegranate Council, there is a 3 step- no mess- process for preparing to eat your pomegranate. Step 1 Cut off the crown and then cut the pomegranate into sections. Step 2 Place the sections in a bowl of water, then roll out the arils (juice sacs) with your fingers. Discard everything else. Step 3 Strain out the water. Then eat the succulent arils whole, seeds and all.

If you are looking are looking to make your own pomegranate juice, simply place 1-1/2 to 2 cups of seeds in a blender; blend until liquefied. Then pour through a cheesecloth-lined strainer or sieve. Caution, pomegranate juice stains.

Whether you crunch fresh pomegranate seeds or drink the juice, feel guilt-free as you enjoy each delicious mouthful- you're doing your body a favor!

Info from pomegranates.org