

Health Minute

The power of pomegranate...

Pomegranates are a deep red fruit about the size of an apple. Pomegranates make beautiful holiday decorations but they are also packed with heart healthy nutrients. Full of antioxidants and fiber, eating pomegranates can prevent build up of the sticky plaque that causes heart disease and stroke. Pomegranates are only available fresh from September through January but juice is widely available year-round.



Healthy Pomegranates	No mess preparation
<p>More polyphenols than red wine, cranberry juice, or green tea Prevents plaque buildup in the arteries High in potassium 8 oz daily is recommended intake (3.5 oz = 1 fruit serving for diabetics)</p>	<ol style="list-style-type: none">1. Cut off the crown, then cut the pomegranate into sections.2. Place the sections in a bowl of water, then roll out the juice sacs with your fingers. Discard everything else.3. Strain out the water. Use the juice sacs (seeds and all) in recipes or just eat them as a snack.