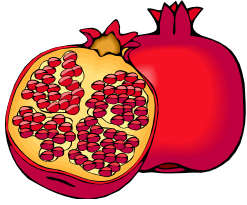


Pick a **better** snack™ – THE COLOR WAY

POMEGRANATE

Wash. Peel. Eat. How easy is that?



Pomegranates have been cultivated for centuries, but for many of us they may be a new fruit to try. Rich in vitamin C and B₆ as well as potassium, they make look more like a decoration than something to eat. To select a perfect pomegranate, begin by looking at its skin. It should be thin, shiny, tight and unbroken. It should seem heavy for its size. The peak time for pomegranates is late October through December. Store pomegranates in a cool, dark place for up to one month or in the refrigerator for up to 2 months.

To prepare a pomegranate, cut off the crown end and lightly score the rind in several places with a knife. Immerse the fruit in water for about 5 minutes. Holding the fruit under water, break it into chunks, separating seeds from membrane. Inside, are hundreds (about 800) of translucent, scarlet red seeds encased in a spongy white membrane. The seeds will sink, but the rind and membrane will float. Use a slotted spoon or strainer to skim off the membrane and rind – discard. Pour water and seeds into to a strainer. You may eat the seeds immediately, store them in the refrigerator for 3 days, or store them in the freezer for 6 months. An average pomegranate will yield about $\frac{3}{4}$ cups seeds or $\frac{1}{2}$ cup juice.

Do you eat the seed inside or spit it out after enjoying the juice? It is a personal choice, but note that the majority of the fiber you get from eating pomegranates is in the seeds. So, no need to spit – just swallow. *What do you do with all those little seeds?* Eat as is or enjoy them on salads, cereal, pancakes, and pudding.

RED AND WHITE FRUIT SALAD (Serves 4)

2 pomegranates, chilled

2 bananas

1 Tablespoon brown sugar

$\frac{1}{4}$ cup lime juice – or juice of 2 fresh limes

Combine lime juice and brown sugar – adjust to please. Seed the pomegranates. For each serving, mound seeds from half of one pomegranate in the center of a small plate. Place half of a sliced banana around the seeds. Drizzle with lime dressing. Serve.

Source: Pomegranate Council

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersonack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way™, visit www.5aday.com.