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Publications

4-21-2017

April 2017 (Issue 2) : Power of the Pomegranate

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Recommended Citation

Aga Khan University Hospital, Karachi, "April 2017 (Issue 2) : Power of the Pomegranate" (2017). *Nutrition Update*. Book 18.
https://ecommons.aku.edu/nutrition_update/18

POWER OF THE POMEGRANATE

Since ancient times, pomegranates have been used for medicinal purposes. Different parts of the fruit have multiple health benefits including help with maintaining an effective and healthy blood circulation, reducing inflammation and help in regaining strength after prolonged illness.

Pomegranates are made up of different things. While the peel has minerals, the aril (seed pod inside the pomegranate) has phenolics, a class of chemical compounds and anthocyanin, natural pigments, which give pomegranates its color and anti-cancer properties.

POMEGRANATE AND ITS ANTI-CANCER PROPERTIES

Multiple medical researchers have shown that pomegranates can help the body fight cancer. This is generally attributed to its high content of polyphenols.

For example, in trials done on mice that were injected with prostate cancer causing cells, it was observed that the group which was fed with pomegranate juice had smaller tumours which took longer to develop, as compared to the group which drank water only.

In trials done on humans, the fruit juice given to prostate patients lead to reduction in the levels of prostate specific antigens (PSA), elevated levels of which, may indicate prostate cancer.

POMEGRANATE AS A SUPPLEMENT

Pomegranate is a healthy fruit supplement, but should not be considered a substitute for treatment of prostate or any other cancer.

SIDE EFFECTS OF POMEGRANATES

Pomegranates generally have no side effects. However, diabetic patients may observe an increase in sugar level with excessive juice consumption.

NUTRITIONAL CONTENT IN POMEGRANATE

Calories:

Pomegranate juice 100 ml ~ 54 calories

Pomegranate fruit 100 gms ~83 calories

Fiber: ~ 4gms in 100gms fruit

Soluble and insoluble fiber is beneficial for the heart

Vitamin C: 10mg in 100gms fruit

Boosts immunity

Potassium: ~236mg in 100gms fruit.

Strengthens bones and teeth

Vitamin B complex and minerals: (including Pantothenic acid (vitamin B-5), folates, pyridoxine and vitamin-K and minerals like calcium, copper, and manganese) have multiple medicinal benefits.



References:

[https://www.cancer.gov/about-cancer/treatment/cam/patient/prostate-supplements-pdq#section/ 79](https://www.cancer.gov/about-cancer/treatment/cam/patient/prostate-supplements-pdq#section/79)