

Nutrition Tips and Recipes



Now that November has arrived we are starting to think about the upcoming holidays. There are 2 special fruits that we see in the supermarket at this time of year that have great health benefits and are often associated with holiday meals. I'm referring to the cranberry and the pomegranate.

Scientific research is revealing just how helpful these two fruits can be. You may have heard that cranberry juice is good for treating urinary tract infections. Cranberries contain proanthocyanidins (PACs) that can prevent the adhesion of certain of bacteria, including *E. coli*, associated with urinary tract infections to the urinary tract wall. But were you aware that scientific research shows that cranberries and cranberry products contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases?

If you haven't tasted a pomegranate, you aren't alone. It's not a very popular fruit but you can't beat it for anti-oxidant content. **November is National Pomegranate Month** so why not try this sweet, tangy and delicious fruit? Pomegranate juice has been studied and shown to reduce arterial plaque buildup to reduce the risk of heart disease. It also has been shown in studies to lower systolic blood pressure. Current research shows that antioxidants might slow or even prevent the development of cancer. This is due to the high polyphenol content of this fruit.

So how does one incorporate these into your diet? Add either to muffins or quick breads. They also would both be tasty as an addition to your favorite chicken or tuna salad recipe. How about using both at the same time and really provide an anti-oxidant punch! Check out this recipe for Pomegranate Cranberry Sauce

<http://www.pomwonderful.com/recipes/recipe.php?Recipe=POM%20Cranberry%20Sauce> It would be tasty served along side pork or chicken and so much healthier than gravy!!

For pomegranates, check out this link for recipes using pomegranates.

www.pomwonderful.com/recipes.php I like to add the seeds (or arils) of pomegranates to fruit salad and green salads for both color and a burst of flavor. The bottled juice would make a colorful and tasty spritzer when combined with a bit of club soda or seltzer water. I recently purchased a pomegranate at Hy-Vee so I know they are in the stores! Pom Wonderful brand juice is available year round in Hy-vee and Cub Foods (look in the produce area).

Cranberries make a nice sauce but can be used in so many other recipes. Although the fresh ones only appear in our supermarkets for a few months (September-December), they can be frozen and used through out the year. If you need chopped cranberries, they chop in a food processor (or even by hand) much easier while still frozen. Add them to recipes while still frozen. Dried cranberries are wonderfully tart and chewy and are available and can be used throughout the year as well. And of course there are many versions of cranberry juice available. Since it is very concentrated and caloric, it's great there is also some available made with Splenda artificial sweetener to reduce simple carbohydrates and calories. Here are some links to find recipes

<http://www.thecranberrylady.com/recipe/>

<http://www.oceanspray.com/recipes.asp>

So consider boosting your anti-oxidant intake to help prevent heart disease, cancer and possibly other chronic diseases by consuming more cranberries and pomegranates. **Because they are so good for us, we need to consider using these fruits and/or juices throughout the year!**

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