

# Pomegranate Seeds

The name for the pomegranate fruit is derived from Latin and literally means "seeded apple." Only the seeds are edible and are found inside this large, hexagonal-shaped red fruit. An average pomegranate contains about 600 juicy seeds, also known as arils, which are encapsulated in white pith. The pomegranate fruit is low in calories, high in fiber, high in vitamins and high in phytochemicals that may promote heart health and help to prevent cancer. Pomegranate seeds are a good source of two essential vitamins, C and K. Vitamin C aids in immune system function, wound healing, promotion of healthy gums and the manufacture of collagen and elastin. Vitamin C also enhances iron absorption. Vitamin K is important for maintaining strong, healthy bones as well as proper blood clotting.



<http://www.livestrong.com/article/292052-the-health-benefits-of-pomegranate-seeds/>