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Nutrition and Food Sciences Database

The complete online nutrition and food sciences information service

A close-up photograph of a pomegranate, showing its characteristic red, jewel-like seeds (arils) and the surrounding white membrane. The fruit is cut open, revealing the interior. The background is softly blurred, showing more of the fruit.

Contains over 1.3 million records dating back to 1973

Over 80,000 records added each year

Includes over 60,000 full text records