



Dates

Health Benefits of Dates

Dates are fruits loaded with vitamins, minerals and fiber. Naturally sweet, they make a whole food substitute for refined sugar. Medjool dates are the most popular and commonly found in grocery stores.

1 large dried, pitted Medjool date provides:

- 67 Calories, 1.5 gm protein, 2 gm fiber, no fat, no cholesterol

Potential benefits of consuming dates:

- Good source of potassium for heart health, nerve function, and lower blood pressure
- Contain calcium and magnesium for strong bones and teeth, energy production, muscle contraction and cellular communication
- High in polyphenol antioxidants to lower cholesterol and plaque
- Improve gut health and may inhibit development of colon cancer
- Chop dates into cereal, salads or cookies. Blend dates with water to make syrup which can be used in place of sugar in recipes
- Stuff pitted date with walnut half, pinch closed and roll in flax meal, or stuff with ground pistachios and unsweetened coconut

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