

- Good source of potassium for heart health, nerve function and lower blood pressure
- Contain calcium & magnesium for strong bones & 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
- For a healthy holiday treat, stuff pitted date with walnut half, pinch closed and roll in flax meal, or fill with ground pistachios and coconut

**Potential benefits of consuming dates:**

- 1 large dried, pitted Medjool date provides:
- 67 Calories, 1.5 gm protein, 2 gm fiber, no fat, no cholesterol

**Health Benefits of Dates**



Dates are dried fruits loaded with vitamins, minerals and fiber. Naturally sweet, they make a whole food substitute for refined sugar.

**Dates**

- Good source of potassium for heart health, nerve function and lower blood pressure
- Contain calcium & magnesium for strong bones & 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
- For a healthy holiday treat, stuff pitted date with walnut half, pinch closed and roll in flax meal, or fill with ground pistachios and coconut

**Potential benefits of consuming dates:**

- 1 large dried, pitted Medjool date provides:
- 67 Calories, 1.5 gm protein, 2 gm fiber, no fat, no cholesterol

**Health Benefits of Dates**



Dates are dried fruits loaded with vitamins, minerals and fiber. Naturally sweet, they make a whole food substitute for refined sugar.

**Dates**

**Dates**

Dates are dried fruits loaded with vitamins, minerals and fiber. Naturally sweet, they make a whole food substitute for refined sugar.



**Health Benefits of Dates**

**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 & magnesium for strong bones & 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
- For a healthy holiday treat, stuff pitted date with walnut half, pinch closed and roll in flax meal, or fill with ground pistachios and coconut

**Dates**

Dates are dried fruits loaded with vitamins, minerals and fiber. Naturally sweet, they make a whole food substitute for refined sugar.



**Health Benefits of Dates**

**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 & magnesium for strong bones & 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
- For a healthy holiday treat, stuff pitted date with walnut half, pinch closed and roll in flax meal, or fill with ground pistachios and coconut