

Dates (*Phoenix dactylifera*), medjool,

Nutritive Value per 100 g

(Source: USDA National Nutrient data base) Principle Nutrient Value Percentage of RDA
Energy 277 Kcal 14% Carbohydrates 74.97 g 58% Protein 1.81g 3% Total Fat 0.15 g <1%
Cholesterol 0 mg 0% Dietary Fiber 6.7 g 18% Vitamins Folates 15 µg 4% Niacin 1.610 mg
10% Pantothenic acid 0.805 mg 16% Pyridoxine 0.249 mg 19% Riboflavin 0.060 mg 4.5%
Thiamin 0.050 mg 4% Vitamin A 149 IU 5% Vitamin C 0 mg 0% Vitamin K 2.7 µg 2%
Electrolytes Sodium 1 mg 0% Potassium 696 mg 16% Minerals Calcium 64 mg 6.5% Copper
0.362 mg 40% Iron 0.90 mg 11% Magnesium 54 mg 13% Manganese 0.296 mg 13%
Phosphorus 62 mg 9% Zinc 0.44 mg 4% Phyto-nutrients Carotene-β 89 µg -- Crypto-
xanthin-β 0 µg -- Lutein-zeaxanthin 23 µg --

Health benefits of dates

- Wonderfully delicious, dates are one of the most popular fruits with an impressive list of essential nutrients, vitamins, and minerals, required for normal growth, development and overall well-being.
- Fresh date is made of soft, easily digestible flesh with simple sugars like fructose and dextrose that when eaten replenishes energy and revitalizes the body instantly; thus, for these qualities, dates are being used to breakfast during Ramadan months.
- The fruit is rich in **dietary fiber**, which prevents dietary LDL cholesterol absorption in the gut. It is also a good bulk laxative. The fiber content helps to protect the colon mucous membrane by decreasing exposure time and as well as binding to cancer causing chemicals in the colon.
- They contain many health benefitting flavonoid polyphenolic antioxidants known as **tannins**. Tannins are known to have anti-infective, anti-inflammatory, and anti-hemorrhagic (prevent easy bleeding tendencies) properties.
- They are a good source of Vitamin-A (contains 149 IU per 100 g), which is known to have antioxidant properties and is essential for vision. Vitamin A also required maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in vitamin A is known to help to protect from lung and oral cavity cancers.
- The fruit is very rich in antioxidant flavonoids such as [beta-carotene](#), lutein, and zeaxanthin. These antioxidants have the ability to help protect cells and other structures in the body from oxygen free radicals and thereby found to be protective against colon, prostate, breast, endometrial, lung, and pancreatic cancers.
- Zeaxanthin, an important dietary carotenoid selectively absorbed into the retinal macula lutea where it is thought to provide antioxidant and protective light-filtering functions; thus it offers protection against age related macular degeneration, especially in elderly populations.
- Dates are an excellent source of **iron**, contains 0.90 mg/100 g of fruits (about 11% of RDI). Iron, being a component of hemoglobin inside the red blood cells, determines the oxygen carrying capacity of the blood.
- In addition, They are good in **potassium**. Potassium is an important component of cell and body fluids that help controlling heart rate and blood pressure; thus offers protection against stroke and coronary heart diseases.

- They are also rich in minerals like calcium, manganese, **copper**, and magnesium. Calcium is an important mineral that is an essential constituent of bone and teeth, and required by the body for muscle contraction, blood clotting, and nerve impulse conduction. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Copper is required in the production of red blood cells. Magnesium is essential for bone growth.
- Further, the fruit has adequate levels of B-complex group of vitamins as well as vitamin K. It contains very good amounts of **pyridoxine** (vitamin B-6), niacin, pantothenic acid, and riboflavin. These vitamins are acting as cofactors help body metabolize carbohydrates, protein, and fats. Vitamin K is essential for many coagulant factors in the blood as well as in bone metabolism.

▪

Sue



Sue Seward
Yoli Better Body Coach
512-284-7926 Hm/Off
979-248-1020 Mobile

Gluten Free Resources –Information - Coaching - Recipes

<http://www.GlutenFreeLady.com>

My Success Blog - <http://www.SueSeward.com>

For more information about Yoli's Better Body System & Products visit -

<http://www.SuesBetterBody.com>

Networking Training – <http://www.NetworkingForRealSuccess.com>

