



<https://pixabay.com/en/date-herb-berry-jujube-chinese-1091228/>



<https://pixabay.com/en/dates-medjool-fruit-dried-fruit-1603127/>

Did You Know?

Dates are the fruit of a desert palm tree found in abundance in the desert or areas with high temperatures. The word “date” comes from the Greek word daktylos, meaning finger. There are more than 200 varieties of dates, Medjool dates being the largest variety of dates. Date palms have been present in the Middle East and Northern Africa as a local food for more than 7,000 years and produced agriculturally for 5,000 years.

Question: Can you name some other types of dried fruit?

Answer: Apricots, bananas, prunes, raisins

Source: <http://factsanddetails.com/world/cat54/sub343/item1574.html>
<https://www.mindbodygreen.com/0-18134/20-cool-facts-you-didnt-know-about-dates.html>

Ways To Enjoy Dates



<https://pixabay.com/en/food-date-honey-dates-dessert-853751/>

- ◆ Enjoy raw
- ◆ Sprinkle on top of salads
- ◆ Toss into trail mix
- ◆ Add it to rice or coleslaw

Source: <http://eatfresh.org/discover-foods/dried-fruit>



<https://pixabay.com/en/dried-fruits-mixed-nutrition-fruit-1631158/>

Selecting & Storing

Look for:

- ◆ Freshness, buy only enough dates to last a month after opening the package

Avoid:

- ◆ Fruit that look soft, sticky, or show “sugaring”

Storage:

- ◆ Store dried fruit in a resealable plastic bag in the refrigerator

Source: <http://eatfresh.org/discover-foods/dried-fruit>



Nutritional Benefits

- ◆ Low in Cholesterol, Fat, and Sodium
 - ◆ Good source of Magnesium
 - ◆ Excellent source of Vitamin B6, Fiber, and Potassium
- * Amount based on 6 dates (1 cup chopped/147g/ 5.18 oz.)



<https://pixabay.com/en/date-palm-palm-dates-223251/>

Source: <https://ndb.nal.usda.gov/ndb/foods/show/2424?man=&facet=&count=&max=50&qlookup=dates&offset=&sort=default&format=Abridged&reportfmt=other&ptfrm=&ndbno=&nutrient1=&nutrient2=&nutrient3=&subset=&totalCount=&measureby=&Qv=1&Q4592=6&Qv=1&Q4592=4>