



# 5 Awesome Things About Dates

- 1** Dates are high in fiber. A 3.5-ounce serving contains 7 grams of fiber. Increasing fiber, with proper water intake, helps prevent constipation and aids in stabilizing blood sugar.
- 2** Dates are a high calorie, vitamin-rich, and mineral-packed natural sweetener. Packed full of potassium, magnesium, copper, manganese, iron, and vitamin B6, dates are known to prevent bone-related conditions like osteoporosis.
- 3** Dates are high in carbohydrates. A 3.5-ounce serving contains a whopping 277 calories and 75 grams of carbohydrates.
- 4** Dates have disease-fighting antioxidants and anti-inflammatory phytochemicals.
- 5** Dates are great added to smoothies as a naturally nutritious sweetener.



**Pro Tip:** Even if you buy "pitted" dates, make sure to inspect each date for little pieces of leftover pit. If you suspect you did blend a piece of a date pit, strain the blend in a fine mesh strainer before feeding.



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