

**Nutritious
& Delicious.
USA Dates!**



USA Dates make a perfect snack or ingredient for your next recipe. A natural sweetener that is a good source of fiber and contains no fat, cholesterol, or sodium, Dates have a health profile consumers demand, making it a great fruit to consume daily.

MEDJOOL DATES



Known for their sweet caramel-like taste and plump-chewy texture, they are a pure and wholesome superfood picked straight off the tree.

DEGLET NOOR



Smaller in size, translucent light color, and honey-like flavor.

CRAVEABLE SWEETNESS AND HEALTHY TOO!

USA Dates meet the American Heart Association's definition of heart healthy.

Dietary Fiber A 1/4-cup serving of dates provides 11% of the Daily Value (DV) for fiber. Dates like most plant-based foods contain both soluble and insoluble fibers.

Antioxidant Phytochemicals Dates are rich in a variety of plant chemicals - such as phenolics, anthocyanidins, procyanidins and flavonoids - shown to protect the body against oxidation.

Dates contain 6 essential B vitamins. The body does not store these vitamins and they are best when consumed daily.

- ✓ Thiamin, 2% DV
- ✓ Riboflavin, 4% DV
- ✓ Niacin, 4% DV
- ✓ Pantothenic Acid, 6% DV
- ✓ Vitamin B 6, 4% DV
- ✓ Biotin, 8% DV

Minerals consisting in a 40 gram serving of dates:

- ✓ Potassium. 6% DV
- ✓ Copper. 10% DV
- ✓ Magnesium. 4% DV
- ✓ Manganese, 4% DV
- ✓ Zinc. 2% DV
- ✓ Calcium 2% DV
- ✓ Iron, 2%

Dates are a great option to substitute processed sugars. Use them as an on-the-go snack, to bake desserts, as salad toppings or to sweeten your protein smoothies!

Proudly grown in the U.S.A, Dates provide long-lasting and heart-healthy nutrition in a sweet little package.
Visit usadates.org for more information.



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www.usadates.org

**For more
information
scan here**