

# The goodness of dates



Khodri dates vary in size, have a dry texture and a sweet flavour profile. They're great on their own or filled and we have several spinneysFOOD varieties in store.

Dates are very much rooted in Emirati culture. There are 44 million date-palm trees in the UAE, producing a whopping 76,000 tons of dates per year. Not only that, approximately 190 varieties are grown here.

These petite yet powerful fruits are a great food with which to break your fast, because despite their high fructose content, they have a low glycaemic index. This means that they are slowly digested, absorbed and metabolised by your body so you're less likely to suffer any blood-sugar spikes. There are many more nutritional and health benefits, too. Find out more...

## 1 Health is wealth

High in vitamins A, B5, B6, and minerals such as copper, manganese, potassium, iron, and magnesium, dates are widely regarded as a superfood. They promote a healthy nervous system, bone development and help to lower blood pressure. Dates also have a high fibre content, which bolsters a healthy digestive system.

## 2 Curb your cravings

Dates are a highly concentrated source of energy-giving carbohydrates. Eating dates helps to reduce the compulsion to overeat at *iftar*

due to the fact that they help to satisfy food cravings after a day of fasting.

## 3 Alternative ingredient

It's said that a 30g portion of dates (or one medjool date) counts as one of your five-a-day fruit and vegetable intake. They're also incredibly versatile and can be added to smoothies or cakes for added sweetness.

## 4 Up the anti

Dates' high anti-oxidant value means that they not only help to fight off havoc-causing free radicals in the body but they can also provide anti-ageing benefits to the eyes and skin.

## DID YOU KNOW?

The medjool date originates from Morocco and is known as 'the king of dates'.

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