

Health Benefits of Consuming Dates

1) Dates are free from cholesterol and contain very low fat. Dates are rich in vitamins and minerals.

2) They are rich source of protein, dietary fiber and rich in vitamin B1, B2, B3 and B5 along with vitamin A1 and C.

3) It helps improve the digestive system as it contains soluble and insoluble fibers and different kinds of amino acids.



4) Dates are great energy boosters as they contain natural sugars like glucose, sucrose and fructose.

To get more advantage add dates to milk and make it a very nutritious snack.

5) Dates are very low in calories and are extremely suitable for health conscious people.

6) Dates are rich in potassium and reduced in sodium. This helps regulate a healthy nervous system. Researchers have revealed the fact that potassium intake up to a certain extent can reduce risk of stroke.

7) Dates also help in lowering of the LDL cholesterol.

8) Dates have high iron content and are very useful in treating anemia. The patients can eat many dates for better advantages.

9) Dates also have fluorine that slows down the process of tooth decay.

10) It helps people suffering from constipation. Soak dates overnight and take it along with water to have added advantage.

11) Dates help in weight gain and are beneficial for those who suffer from

over slimming problem.

12) Dates are excellent for alcoholic intoxication.Cures abdominal cancer.

13) It also helps in improving eye sight and helps in curing night blindness as well.

"The best thing is that it does not have any side effect on the body and is completely natural as well as it works better than medicine."