

# Date Your Way to Better Health: Exploring the Nutritional Benefits of Dates

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**Abstract:** *This review article presents precious records on the nutritional and practical residences of date palms (Phoenix dactylifera L.) and their culmination. Date flesh vitamins: Low in fats and protein. It carries lots of sugar, specifically fructose and glucose. The energy content is high, with a hundred grams of date flesh yielding a median of 314 kcal. There are ten minerals, especially selenium, copper, potassium, and magnesium. It may be a hundred grams of dates to make contributions of more than 15% of the advocated everyday intake of those minerals. The B-complex includes vitamins and diet C. Dietary fibre is high, with 8.0 grams of nutritional fibre in keeping with one hundred grams. Insoluble nutritional fibre is the main thing of dietary fibre in dates. Good antioxidants, especially carotenoids and phenolics. Date Seed Nutrition Available: Date seeds contain greater protein (five.1 g/a hundred g) and fat (nine.0 g/a hundred g) as compared to meat. It is high in nutritional fibre, with an awareness of seventy-three.1 g/100 g. It is rich in phenolics, with a concentration of 3942 mg/100 g. It has a high antioxidant content material, with an attention of 80400  $\mu$ mol/one hundred g. These facts highlight the dietary fee of date flesh and date seeds. Date flesh is a superb source of power, nutrients, minerals, and nutritional fibre, making it a healthful and nutritious meal. Date seeds, on the other hand, are especially high in protein, fats, nutritional fibre, phenolics, and antioxidants, indicating their capacity as practical meal elements A food plan that includes dates and their seeds can offer various fitness advantages because of their dietary and potential antioxidant residences however, as with all food, it's miles essential to consume them carefully and as a part of a balanced weight loss plan*

**Keywords:** Date palm, Nutritional, Health, blessings

## I. INTRODUCTION

Date palm (Phoenix dactylifera L.) is one of the historical fruit vegetation. It is believed to be indigenous to international locations around the Persian Gulf. The date palm 338 Arid Fruits (Phoenix dactylifera L.) became known to historic human beings because the "Tree of Life" is probably one of the first fruit trees to be cultivated. Representations of the date palm, dating again the 3000 B.C. Seemsthat Sumerian temple partitions are modern-day in Iraq. Date palm fruits are eaten as uncooked dates (sparkling end result), dry dates (chhuhara), and tender dates (pind khajoor). These are used in nonsecular ceremonies and are considered auspicious. Different products viz., sugar, starch, vinegar, juice, toffies, wine, chutney, jam, pickles, and so on. Are prepared from date fruits. The date palm culmination has been recognized for its rather nutritive and calorific food values. Date end result offer abundant portions of iron, potassium, calcium, nicotinic acid, and a small amount of protein, copper, magnesium, chlorine, sulphur, diet A, B, and B2. Date pulp includes moisture (20 %), sugar (60-65 %), fibre (2. 5 %), protein (2 %), and less than 2 percent fats, mineral matter, and pectic materials. Its sparkling end result can complement the nutritional wishes of the wilderness people and provides approximately 3550 energy in line with kg. Leaves of date palm trees are applied for the instruction of baskets, brooms, ropes, constructing cloth, fuel, and paper. Similarly, vegetables, plants, and fodder vegetation also can be raised in date palm orchards.

### Objectives:

To explore nutritional values of different kinds of dates.

## II. RESEARCH METHODOLOGY

To complete this article exploratory research have taken place and referred to various research article, websites, periodicals, magazines, online interviews, etc

## III. REVIEW OF LITERATURE

The fruits of the date palm (*Phoenix dactylifera* L.) are low in starch and protein content once fully ripe (Ghnimi et al., 2017).

Date fruits are typically consumed throughout the year in the Middle East, and their consumption increases exponentially in the month of Ramadan (Assaad Khalil et al., 2021).

Dates are characterized by the richness in carbohydrates (60–80 %), including soluble sugars and dietary fibre (El-Sohaimy and Hafez, 2010).

Date fruits are usually consumed at three developmental stages: The unripened stage, the Ripened stage, and the fully mature stage (Amira et al., 2011). At the unripened stage, the fruits contain about 50 % starch, which degrades during further development to the soluble sugars; glucose, fructose, and sucrose (Amira et al., 2011)

The main differences in the nutritional value of date fruits are mainly attributed to the components of dietary fibre, polyphenols, vitamins, and minerals (Ghnimi et al., 2017).

The dietary fibre content in dates is highly variable depending on the cultivar.

A study by Shahib et al. reported that the total dietary fiber in date fruit varieties ranges between 6.5%–11.5% (Al-Shahib and Marshall, 2003).

### VARIETIES:

In India, a huge variety of variability of untamed date palm (*P. sylvestris*) yielding small-length acrid fruit exists in lots of parts. Large fruited cultivars that are displaying promise in arid parts of the U.S. A. Are mainly advent from Gulf countries, the USA, and Pakistan (earlier undivided India). At present the USA has more than 25 improved cultivars of date palm. The cultivars, depending on flesh consistency are divided into 3 organizations, namely, soft, semi-dry, and dry. In most cultivars like Halawy, Khadrawy, Medjool, Shamran, and Haiyani nearly all cane sugar is blanketed into invert reducing sugar during the method of ripening. Thus those are also known as ‘Invert Sugar’ dates. The dry and semi-dry cultivars like Thoory, Deglet Noor, Zahidi, and Dayri hold desirable quantities of sucrose on full ripening and are, consequently called ‘cane sugar’ dates. Characteristics of some of the cultivars acclimatized in Indian arid regions were enumerated.

1. **Halawy:** It is one of the most suitable types for date palm cultivation. The bushes of this variety are tall and full of life in boom. The fruit shade is light orange with a yellow color. The fruit is rectangular and elliptical with an obtuse apex and almost horizontal base. The common fruit weight is 9.0 g and the fruit size of 3.56 cm x 2.10 cm. It has a pulp thickness of 0.64 cm having 31.0 per cent TSS at Doka. The culmination is candy at full Doka. The dates can be eaten raw. The end result will be inclined to shrivel all through the ripening level mainly in case of inadequate irrigations. It is early in ripening as the fruit of this range reach at full Doka degree at Bikaner via 2nd fortnight of July. Halawy has a common yield capability of a hundred kg Doka culmination consistent with plant in keeping with year.

2. **Shamran:** The bushes of this range are semi-vigorous. The end result is Date Palm yellow in shade with a barely red shaded base. The culmination is medium in size and oblong in form with an obtuse apex. The common fruit weight is 6.5 gm and the fruit size of 3.50cm x 2.18 cm. It has a pulp thickness of 0.56 cm having 41.0 per cent TSS at full Doka degree. The culmination is astringent at the Doka stage. It is suitable for dry dates and soft dates. Its smooth dates have a traditional aroma. It is medium in ripening as the culmination reaches complete Doka via the end of July at Bikaner. It is a prolific bearer and has an average yield potential of a hundred kg Doka fruits in keeping with year.

3. **Barhee :** The bushes of this variety are semi-lively and medium in peak, having an excellent canopy length. The end result is golden yellow in coloration at the Doka stage and oval in shape. The average fruit weight is 7.5 g and the fruit size of 2.90 cm x 2.30 cm. It has a pulp thickness of zero.73 cm having TSS of 32.0 per cent at the Doka stage. The fruits are sweet and non-astringent having very exceptional taste at Doka degree. Fruits of this range are non-astringent. This range is the most suitable for uncooked eating dates; but, it isn't always correct for tender dates. It is overdue in ripening

as the culmination of this variety reaches full Doka level by means of mid-August at Bikaner and hence it is reasonably broken by way of rains and high humidity. The average yield capability is a hundred kg of Doka fruits per 12 months.

4. **Khalas**: It has shown excellent promise for cultivation. The timber is semi-vigorous in the boom. Its fruit coloration is yellow at Doka and golden brown at the pind stage. The fruits are oblong in form. The average fruit weight is 11.0 g and a size of 3.2 cm x 2.4 cm. It has a pulp thickness of 0.83 cm having 28.0 consistent with cent TSS. The culmination is candy at the complete Doka stage and suitable for raw eating in addition to tender dates. It is early in ripening because the culmination of this range reaches full Doka degree inside the 2nd fortnight of July at Bikaner. Average yield capacity is 75 kg Doka fruits per tree in keeping with 12 months.

5. **Medjool** : It is a famous range and has the capability of business cultivation inside the USA. The bushes are lively and tall with erect growth addiction. The fruits are massive but variable in length having an attractive golden yellow shade and extra firm than Barhee and Khadrawy. The irregularities in the form are not unusual and are associated with ridges at the seed. The average fruit weight is 15.0 g and the fruit length of 3.90 cm x 2.80 cm. It has a pulp thickness of 0.88 cm having 29.0 consistent with cent TSS at the Doka stage. The end result at the Doka stage is extraordinarily astringent. It is appropriate for dry dates (chuhara) because of its huge-sized fruits and proper pulp thickness. It is tolerant to rainfall and excessive humidity situations. It is late in ripening as fruits of this range reach full Doka degree in mid-August at Bikaner. The average yield capacity is 75 kg Doka end result is in keeping with the year.

6. **Sewi** : It is full of life in boom. The trees are tall and erect with a slight canopy. The culmination is yellowish inexperienced in the shade at Doka level and rectangular in form. The common fruit weight is 6.1 g and the fruit size of 2.9 cm x 1.90 cm. It has a pulp thickness of 0.6 cm having 40.0 in step with cent TSS at full Doka stage. The culmination is sweet at full Doka level and therefore appropriate for 342 Arid Fruits both raw consuming in addition to tender dates. It is overdue in ripening as the end result of this range attains full Doka stage by way of the primary fortnight of August at Bikaner. The fully grown tree of Sewi has an average yield capability of 50 kg of Doka fruits in line within 12 months.

7. **Khuneizi** : This is emerging as a potential date range because of pleasant fruits. The timber is semi-energetic having spreading boom addiction. The fruit is dark crimson in color at Doka degree with crispy pulp and dark brown at the pind level. The fruit is oval-formed with a pointed apex. The common fruit weight is 10.2 g and the fruit length of 3.50 cm x 2.20 cm. It has pulp thickness of 0.77cm having 43.0 in keeping with cent TSS at complete Doka degree. The fruits are sweet at full Doka and for this reason suitable for uncooked consumption. However, those aren't excellent for tender dates. This variety is also early as culmination attain a complete Doka degree by using the stop of the first fortnight of July at Bikaner. Average yield capability is 40 kg Doka culmination consistent with tree consistent with 12 months.

8. **Zagloul**: The bushes of this range are full of life in increase having erect increased dependency. The culmination is crimson in color and large in size. These are rectangular, oblique, and asymmetrical in shape. The calyx is small in length and barely depressed at the base. The fruit bunches are bigger in size. The common fruit weight is 9.5 g and the fruit size is 3.90 cm x 2.20 cm. It has a pulp thickness of 0.64 cm having 28.0 consistent with cent of TSS at Doka stage. The end result is astringent at Doka. The dang and pind culmination are enormously less sweet however have a nice taste. It is suitable for soft dates and for guidance of fruit products inclusive of date juice and preserved products. It is medium in ripening as the end result of this range attains full Doka level through the start of the 2nd fortnight of July at Bikaner. It is prolific bearer and the average yield potential is one hundred fifty kg Doka fruits in line with year.

9. **Zahidi**: The timber of this range is semi-lively. The culmination is yellow in color at Doka level with a clean and tough surface, consequently least affected. The culmination is ovate in shape with the broader quit closer to the apex. The common fruit weight is 10.0 g and the fruit size of 3.00 cm x 2.20 cm. It has a pulp thickness of 0.68 cm having 30.0 percent TSS at the Doka level. The fruits are astringent at the Doka stage. The partial dang fruits are eaten as uncooked dates. It is an appropriate variety for training on soft dates. It is overdue in ripening as fruits of this variety attain a complete Doka degree in mid-August at Bikaner. It is a high-yielding variety and has an average yield capability of one hundred 25 kg Doka culmination in keeping with year.

10. **Khadrawy** : The bushes of this range are dwarf in increase. The culmination at Doka (Fruit small to medium, rectangular oval, yellow and candy at Doka degree, has an indirect base and irregular outline) Its level is greenish

yellow in coloration and rectangular in shape with a broad apex and a bit slanting base. The common fruit weight is 7.7 g and the fruit size of three.10 cm x 2.10 cm. It has a pulp thickness of 0.66 cm having 30.0 in keeping with cent TSS at the Doka stage. The culmination is notably astringent at the complete Doka stage and is badly spoiled due to rains at the time of ripening. This range is suitable for the practice of both gentle dates in addition to dry dates. It is medium in ripening because the culmination of this range attains the full Doka stage by way of the give-up of July at Bikaner. The average yield ability is 40 kg of Doka fruit in keeping within 12 months.

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