

Health Benefits of Dates:

Dates fruit is a one of the most important kinds of fruit in terms of the food value and curative;

It is rich with the main food such as sugar and amino acids, proteins and fats, is a richest fruits in its energy content,

Dates have significant therapeutic value as containing antioxidants and sex steroids and certain vitamins and folic acid and the element fluorine, and is an also dates active digestive and adjust balance acidity of the blood, stomach and prevents constipation.

The Date sugars and easy to digest and absorb it diabetic patients must be careful and not take dates because it contains large amounts of sugars of all kinds

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**Hadith : A house
that has no dates
in it their family is
hungry.**
”

Note that there is misperception indicating that some varieties of dates less risky for diabetics than other varieties, which is not correct ,and must caution before taking dates there is no significant difference of sugars in the varieties, it is wrong to recommend other varieties.



The table explaining having difference sugars total containing in important type of the dates.

Note: The difference between date is not considered particularly in regard to such as diabetes patients.

No.	Date varieties	Commodity Areas	Sugar Content
1	SUKKARY	AL QASSIM	82
2	SUQAEY	CENTRAL	80
3	MABROOM	ALMADINAH	80
4	RAZEER	EASTREN	79
5	UNBRA	CENTRAL	79
6	NABUTT ALSAIF	ALMADINAH	79
7	SHALABY	ALMADINAH	78
8	SAFAWI	CENTRAL	78
9	KHALAS	QASSIM & EASTREN	78
10	SABAKKA	CENTRAL	78
11	ROTHANA	ALMADINAH	78
12	BURNI	ALMADINAH	77
13	SHUQRA	CENTRAL	77
14	SAFREE	CENTRAL	75
15	AJWAH	ALMADINAH	75
16	RASHODIA	CENTRAL	75
17	WANANA	CENTRAL	74
18	KHUDREY	CENTRAL	73
19	MAKTOUMI	CENTRAL	73
20	SALUJ	CENTRAL	73
21	NABAT ALI	CENTRAL	70
22	ASSELA	ALMADINAH	70



The most important Dates varieties in the Kingdom of Saudi Arabia and their content of sugars

Prepared by

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الذائف
DAYFE DATES

