

Throwdown

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My clients are always looking for new healthy snack ideas, and when I suggest Medjool dates, many of them are pleasantly surprised.

The fact is, Natural Delights Medjool Dates stack up against the healthiest of snacks! They're fiber-rich, full of vitamins and minerals, and they're a tree-ripened fruit that you can feel good about eating and feeding your family. Medjool dates have just one ingredient – Medjool dates – so they're a simple snack that you can be confident is healthy and preservative and additive-free.

Like other tree-ripened fruits, Medjool dates contain sugar, but this is entirely natural and not added – unlike some of the foods you see below. Also like other fruits, Medjool dates contain fiber, which helps regulate the release of their natural sugars into the bloodstream so they metabolize quicker and fuel your day.

SEE HOW SOME OF YOUR FAVORITE SNACKS STACK UP!

CHEWY GRANOLA BAR VS. 2 NATURAL DELIGHTS MEDJOOL DATES

	CHEWY GRANOLA BAR	2 MEDJOOL DATES
Calories	150	140
Fat	6g	0g
Saturated Fat	2.7g	0g
Fiber	1g	3g
Sugars	12g	29g
Potassium	71mg	320mg
Sodium	83mg	10mg



Medjool dates have just one ingredient, compared to a granola bar with 35 ingredients.

FRESH APPLE VS. 2 NATURAL DELIGHTS MEDJOOL DATES

	FRESH APPLE	2 MEDJOOL DATES
Calories	116	140
Fat	0g	0g
Saturated Fat	0g	0g
Fiber	5g	3g
Sugars	23g	29g
Potassium	238mg	320mg
Sodium	2mg	10mg



GREEK YOGURT (BLUEBERRY) VS. 2 NATURAL DELIGHTS MEDJOOL DATES



	GREEK YOGURT (BLUEBERRY)	2 MEDJOOL DATES
Calories	120	140
Fat	0g	0g
Saturated Fat	0g	0g
Fiber	1g	3g
Sugars	15g	29g
Potassium	180mg	320mg
Sodium	50mg	10mg

FIG BARS VS. 2 NATURAL DELIGHTS MEDJOOL DATES

	FIG BARS	2 MEDJOOL DATES
Calories	110	140
Fat	2.5g	0g
Saturated Fat	0g	0g
Fiber	2g	3g
Sugars	10g	29g
Potassium	0mg	320mg
Sodium	35mg	10mg



Medjool dates have just one ingredient, compared to fig bars with 11 ingredients.

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