



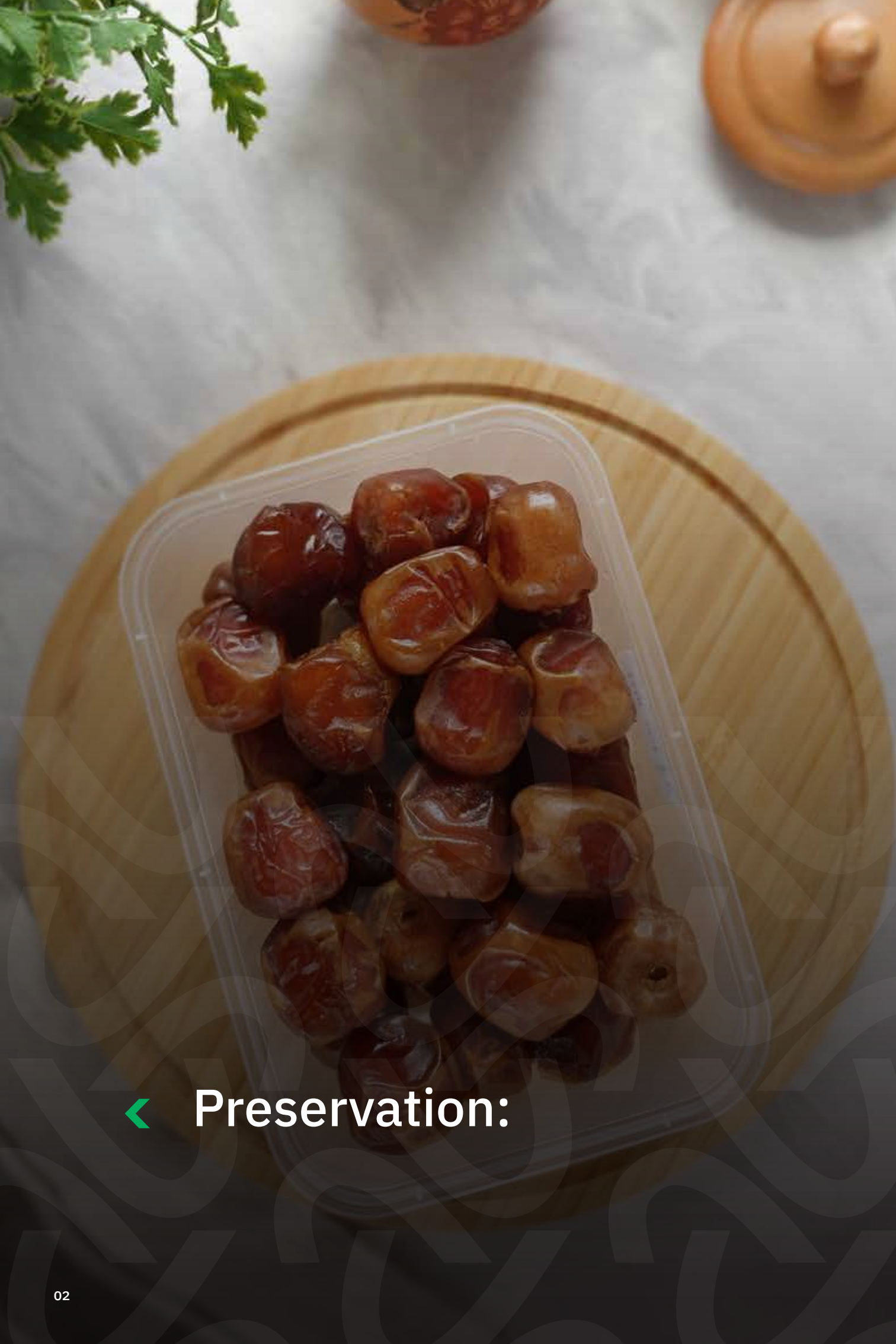
Kingdom of Saudi Arabia
Saudi Food & Drug Authority



Dates



Dates contain sugar, minerals and vitamins, sucrose, glucose, fructose, starch, protein and fiber, in addition to nutritious minerals such as potassium, sulfur, phosphorous, iron, sodium, zinc and magnesium, as well as vitamins A, B, C, and E. Date peels contain flavonoids that act as antioxidants.



< Preservation:



Freezing:

is the best way to preserve dates, as it kills or reduces the number of microorganisms, and slows down chemical reactions such as oxidation. However, the enzymatic activity does not stop as it ramps up maturation. It is preferable to freeze at the lowest possible temperature.



Cooling:

Dates can be refrigerated for several weeks in air-tight moisture-proof containers. Some types of dates may be stored up to three months in the refrigerator.



Drying:

The goal of drying is to reduce humidity and consequently curb the growth of microorganisms. Thus, keeping dates at 20% of moisture, and storing them at a temperature of 25 degrees Celsius extend the preservation period to a year.

Dates can be susceptible for contamination with:

- Chemicals: pesticide residues, heavy and toxic metals.
- Physical materials: foreign bodies such as metal parts.
- Microorganism growth: yeasts and molds.

Dates should be washed well before eating:

- Wash the dates with running water to minimize pesticide and chemical residues.
- Do not collect the water used for washing the dates and then use it again to wash another cluster.



Link to source material



