

Health Benefits Of Date Palm

Markaz al-Imārāt lil-Dirāsāt wa-al-Buḥūth al-Istirātījiyah

Date Palm Genetic Resources and Utilization Jameel M. Al-Khayri, Shri Mohan Jain, Dennis V. Johnson, 2015-03-21 This important 2-volume reference book is the first comprehensive resource reflecting the current global status and prospects of date palm cultivation by country. This volume covers Asia and Europe. The Asian countries included are: Iran, Saudi Arabia, Iraq, Pakistan, Oman, Yemen, Israel, Kuwait, Qatar, Bahrain, Syria, Palestine and India. Europe is represented by Spain. Topics discussed are: cultivation practices; genetic resources and breeding; conservation and germplasm banks; cultivar classification and identification based on morphological and molecular markers; micropropagation and progress toward scale-up production; and advances in dates processing and marketing. Chapters are supported by tables and color photographs. Appendixes summarize traits and distribution of major cultivars, commercial resources of offshoots and in vitro plants; and institutions and scientific societies concerned with date palm.

The Current Status of the Date Palm Sector in the Gaza Strip, Palestine Eqbal Radwan, 2017-06-21 Master's Thesis from the year 2017 in the subject Biology - Ecology, grade: 90.50, Islamic University of Gaza (Faculty of Science), course: M. Sc. in biological sciences, language: English, abstract: Date Palm is considered one of the most important fruit crops in Palestine. Its cultivation has been known for thousands of years. It has a major socio-economic importance due to its commercial, nutritional, environmental, social, health and religious values. Because of it is minimum water demand and tolerates to both harsh weather and high levels of salinity, it is a strategic crop in the Gaza Strip, which suffers from such conditions. The Red Palm Weevil has recently become one of the major pests attacking the Date Palm and it causes sever losses to Gazan farmers. This book, therefore, will provides useful information about the status of the Date Palm in Gaza Strip to both responsible authorities and the public. This will help improve good sustainable development of the Date Palm sector locally.

Handbook of Fruits and Fruit Processing Y. H. Hui, József Barta, M. Pilar Cano, Todd W. Gusek, Jiwan S. Sidhu, Nirmal K. Sinha, 2008-02-28 The processing of fruits continues to undergo rapid change. In the Handbook of Fruits and Fruit Processing, Dr. Y.H. Hui and his editorial team have assembled over forty respected academicians and industry professionals to create an indispensable resource on the scientific principles and technological methods for processing fruits of all types. The book describes the processing of fruits from four perspectives: a scientific basis, manufacturing and engineering

principles, production techniques, and processing of individual fruits. A scientific knowledge of the horticulture, biology, chemistry, and nutrition of fruits forms the foundation. A presentation of technological and engineering principles involved in processing fruits is a prelude to their commercial production. As examples, the manufacture of several categories of fruit products is discussed. The final part of the book discusses individual fruits, covering their harvest to a finished product in a retail market. As a professional reference book replete with the latest research or as a practical textbook filled with example after example of commodity applications, the Handbook of Fruits and Fruit Processing is the current, comprehensive, yet compact resource ideal for the fruit industry.

Date Fruits and By-Products Processing Volume 1 Salam A. Ibrahim, Zahra H. Mohammad, Faizan Ahmad, 2025-11-22 The use of dates in non-traditional food products and their by-products for nutritional supplements has been practiced for centuries in many regions across the globe. Unlike many traditional foods, there has been an influx of new technology and processes in the applications of date fruits, many of which have received sparse coverage in the literature. *Date Fruits and By-Products Processing* covers off of the latest advances in date-fruits and their byproducts and also opens the door for future research in this field, including the use of non-thermal processing and shelf life extension. This research is especially important due to increasing volumes in date production and increasing consumer and industry awareness of the health benefits of date fruits. In *Date Fruits and By-Products Processing Volume 1* researchers will find extensive coverage of the nutritional and chemical composition of dates, non-conventional and innovative date processing technology, including all the latest advances that are revolutionizing these age-old processes, value-added date fruit products, and non-traditional processing and applications. The colorful and interesting worldwide history of dates is outlined, including consumption trends and the evolution of health benefit awareness. Innovative new technologies, including non-thermal and high-pressure processing, pulsed electric field, ultraviolet, X-ray, and cold plasma processing, are examined. All of the major value-added products produced from dates are covered, including ice cream, nutrition bars, functional foods, dietary supplements, and dairy and bakery products. Of major value to researchers are chapters on sugar and polysaccharides extraction, phenolic compounds, and the conversion of dates into fermentation medium. With the long history of date fruit use in traditional foods, plus recent advances in processing technology and health benefits awareness, date fruits are long overdue for extensive research work. With this book, researchers have everything they need to fully understand the history and future of date fruit products and their processing.

Seeds: Anti-proliferative Storehouse for Bioactive Secondary Metabolites Dilipkumar Pal, 2024-08-31 This book presents extensive and up-to-date information on the anti-proliferative properties of various plant seeds for their application in pharmaceutical industry and medicinal research. This information is imperative for understanding and developing high quality products from the seeds. The book provides insights about anticancer and antitumour activities present in seeds.

Different chapters cover the traditional knowledge as well as recent innovations in various seeds, such as prune, pumpkin, grape fruit, sesame, sunflower, bitter gourd, papaya, mango, apple, black plum, cumin, water melon, musk melon, cotton, carambola, pear, cardamon, moringa, wallich, Chinese cabbage, pistachio, etc. and their bioactivities for the applications in cancer and malignancy proliferation. The book introduces the readers to seed as a bioactive compound, and delineates the various health effects. It further explains the relation between the different metabolites and their effect on cell proliferation. Finally the book goes on to explain different seeds and their specific anti-cancer properties. This book is useful for students and researchers of pharmacology, botany and cancer research. It also caters to industry experts in pharmaceutical sciences.

Cultivation for Climate Change Resilience, Volume 2 Adel A. Abul-Soad, Jameel M. Al-Khayri, 2023-03-31 This book focuses on various tropical fruit tree species management for climate change including mitigation strategies and technological countermeasures taken by researchers, progressive growers and commercial companies to overcome the adverse changes. It can be considered as a unique source emphasizing the fruit species solitary not by subject as usual to enable readers reaching directly to their crop of interest. The content includes genetic resources conservation, remote sensing and environmental certification. Increasing attention of society toward information and measures taken by various stakeholders about climate change risks and threats makes this book very timely. Key points • Provides a contemporary view of the impact of climate change on cultivation of individual fruit species. • Offers modern approaches for mitigating the adverse impact of climate change on fruits cultivation. • Describes research progress of understanding and combating the impact of climate change on fruits production. • Illustrates presented concepts with relevant figures and tabulated data.

Benefits of Dates Jenny Smith, AI, 2025-02-14 Benefits of Dates explores the surprisingly diverse health benefits of dates, positioning this often-overlooked fruit as a powerful addition to a health-conscious lifestyle. The book reveals how dates, a staple in many cultures for centuries, are now being validated by modern science for their rich array of vitamins, minerals, and antioxidants. For example, the book highlights the potential of dates to aid in managing conditions like constipation as well as their impact on reducing oxidative stress, a key factor in neurological and heart conditions. The book begins by detailing the nutritional composition of various date varieties and progresses to explore their impact on digestive health, emphasizing the role of fiber in promoting a healthy gut. It further investigates the potential cognitive and cardiovascular benefits derived from the antioxidant properties of dates. Practical tips, recipes, and meal plans are included to help readers seamlessly integrate dates into their daily routines, emphasizing responsible consumption guidelines.

Annual Book Markaz al-Imārāt lil-Dirāsāt wa-al-Buḥūth al-Istirātijyah, 2008

Asian Functional Foods John Shi, Fereidoon Shahidi, Chi-Tang Ho, 2005-03-03 The consumption of functional foods has emerged as a major consumer-driven trend, based on the needs of an ever-growing health conscious population that wants to exercise greater control over its health. Focusing on an important sector of this rapidly growing field, Asian Functional Foods

discusses the theoretical and practical aspects of functiona

Materials and Technologies for Sustainable Production Yurii Otrosh,Alexey Vasilchenko,Andrii Kovalov,Mohammad Jawaid,2022-07-11 Special topic volume with invited peer-reviewed papers only

The Indian Journal of Agricultural Sciences ,2015-07

Understanding the Chemical Nature of Plants for Better Health Simeon K. Adesina,1999

Journal of the Chemical Society of Pakistan Chemical Society of Pakistan,2009

Proceedings of the VIIth International Postharvest Symposium Hassan Abdullah,Mohd Nor Latifah,2013

Healing Foods Katherine Wright,2014 Explains the health-enhancing and healing properties of a wide range of foods.

DATES Scientific Benefit Shuaibu Abdullahi,2022-11-03 Dates are high in fiber and antioxidants. Their nutritional benefits may support brain health and prevent disease. Dates are the fruit of the date palm tree Dates are tropical fruit that is grown on a date palm tree in small clusters. Scientifically it is known as Phoenix dactylifera is the tastiest and highly nutritious fruit. It has dark brown skin, soft flesh and is uniquely sweet

Edible Wild Plants Roy Genders,1988 An indispensable guide to plants that will add greater nutrition and new zip to your menus.

The Superpyramid Eating Program Gene A. Spiller,1993 A revolutionary eating plan based on a food pyramid even sounder than the USDA's, complemented by recipes from the author of The Greens Cookbook and The Savory Way. Dr. Spiller introduces a new five-food-group program which graphically represents each food group's proportion in a healthy diet. Line illustrations.

Encyclopedia of Fruits, Vegetables, Nuts, and Seeds for Healthful Living Joseph M. Kadans,1973

The Date Palm, Bread of the Desert Hilda Simon,1978 Describes the history, importance, and biology of the date palm and notes the requirements for its successful cultivation.

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