G I Index Of Dates

Annelies Wilder-Smith

The Glycaemic Index Thomas M. S. Wolever,2006-01-01 This book aims to provide a credible, complete and accurate source of information about all the aspects of glycaemic index. It contains chapters on glycaemic index definition and measurement and how glycaemic index information can be applied to meals and diets. Discussions on the reasons why foods have different glycaemic index values and the impact of altering the glycaemic index of diets on health and disease are presented as well.

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.

Dates Muhammad Siddiq, Salah M. Aleid, Adel A. Kader, 2013-09-17 Dates are an important fruit, especially in many African, Middle-Eastern and Asian countries. In recent years this fruit has gained significant importance in terms of global commerce. During the period 1990-2009, global production of dates saw an increase of 219% and this trend is expected to continue as per FAO projections. Some of the major challenges confronting date fruit production and commerce are issues related to postharvest handling technologies, use of appropriate processing and packaging technologies, food safety aspects and quality assurance. Dates: Postharvest Science, Processing Technology and Health Benefits provides contemporary information that brings together current knowledge and practices in the value chain of dates, from production through to consumption. The important book published by Wiley Blackwell features coverage from leading experts on innovative processing technologies, packaging, quality management and pest control for dates. It is the only book to address the science and technology of the postharvest production of dates, a commercially important and growing sector of the food industry.

Fruit and Vegetable Phytochemicals Elhadi M. Yahia,2017-08-25 Now in two volumes and containing more than seventy chapters, the second edition of Fruit and Vegetable Phytochemicals: Chemistry, Nutritional Value and Stability has been greatly revised and expanded. Written by hundreds of experts from across the world, the chapters cover diverse aspects of chemistry and biological functions, the influence of postharvest technologies, analysis methods and important phytochemicals in more than thirty fruits and vegetables. Providing readers with a comprehensive and cutting-edge description of the metabolism and molecular mechanisms associated with the beneficial effects of phytochemicals for human health, this is the perfect resource not only for students and teachers but also researchers, physicians and the public in general.

Index to Dates of Current Events Occurring Or Reported ...,1912

Date Harvest Life Ocean Ecosoft, 2025-03-02 Have you ever considered the pivotal role of a single fruit in shaping the health and cultural identity of desert families? Date Harvest Life delves into this very question, exploring the multifaceted significance of date picking and its profound impact on the diets and traditions of families residing in arid environments. This book examines how dates, beyond being a mere food source, form the cornerstone of nutritional well-being, intergenerational knowledge, and cultural continuity in these unique communities. Central to our exploration are three key topics: the nutritional profile of dates and their adaptability to desert diets, the social dynamics of date harvesting, and the preservation of traditional knowledge surrounding date cultivation and consumption. Each topic is crucial to understanding the holistic importance of dates. Their high sugar content provides essential energy in harsh climates, while the harvesting process strengthens family bonds and transmits agricultural wisdom across generations. Historically, dates have sustained desert populations for millennia. Their cultivation is intrinsically linked to the development of oasis agriculture and water management techniques. Socially, the date harvest represents a time of communal effort and celebration, reinforcing kinship ties and collective identity. Scientifically, modern nutritional research validates the inherent health benefits of dates, confirming their role as a vital source of vitamins, minerals, and antioxidants. The central argument of Date Harvest Life is that the practice of date picking is not simply an agricultural activity but a crucial element in the sustainable livelihoods and cultural resilience of desert families. This argument is vital because it challenges conventional notions of food security by highlighting the importance of locally adapted, traditional food systems in ensuring nutritional well-being and cultural preservation. The book unfolds in a structured manner. Initially, we introduce the historical and environmental context of date cultivation in desert regions. We will then discuss the nutritional significance of dates, detailing their composition and health benefits within the context of desert diets, while also discussing common misconceptions about date consumption. Next, the book shifts its focus to the social aspects of date harvesting, analyzing its role in strengthening family bonds, promoting gender roles, and transmitting traditional knowledge. After establishing the nutritional and social significance of

date picking, we examine the sustainability of traditional date farming practices. Finally, we explore the challenges faced by date farmers today, including climate change, economic pressures, and the loss of traditional knowledge, concluding with strategies for sustaining date harvesting for future generations. To support our arguments, Date Harvest Life draws upon a diverse range of evidence, including ethnographic studies of date-farming communities, nutritional analyses of date varieties, and historical accounts of date cultivation practices. We will incorporate interviews with date farmers and family members, adding a layer of personal narrative to the scholarly analysis. This book connects to several other fields, including anthropology (studying cultural practices), nutrition science (analyzing health benefits), and environmental studies (examining sustainable agriculture). These interdisciplinary connections enhance the book's argument by providing a more holistic understanding of the significance of date picking. What sets this book apart is its integrated approach, combining rigorous scientific analysis with rich ethnographic detail to provide a nuanced and compelling account of the role of dates in desert family life. Our tone is informative and accessible, aiming to engage both academic and general audiences interested in food studies, cultural preservation, and sustainable agriculture. The target audience includes students and researchers in food studies, anthropology, nutrition science, and environmental studies, as well as anyone interested in learning about the cultural and nutritional significance of traditional food systems. This book would be valuable to them by providing insights into the complex interplay between food, culture, and environment. As a work of social science and cooking, Date Harvest Life integrates recipes and cooking tips using dates alongside sociological insights to offer a comprehensive understanding of the subject matter. The scope of this book encompasses date picking and its impact on the food practices of desert families, with a focus on agricultural traditions. The book limits its coverage to the social system surrounding date farming, while acknowledging the rich cultural heritage associated with date songs, stories, and the role of dates in festivals and celebrations. The practical applications of this book are numerous. It can inform the development of sustainable food policies, promote the preservation of traditional farming practices, and raise awareness about the nutritional benefits of dates. While the nutritional benefits of dates are widely accepted, debates exist regarding the sustainability of large-scale date production and its potential environmental impacts. Date Harvest Life addresses these debates by examining the ecological footprint of different date farming practices.

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.

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