

DATE PASTE

A TIMELESS CLASSIC FOR TODAY'S FOOD INDUSTRY



Date paste has been consumed for millennia in a variety of foods around the world. Today, date paste is used in the food industry as a filling for pastries and biscuits, and as a healthier substitute for sugar in cereals, puddings, baked goods, energy bars, ice cream and confections. Date paste also adds flavor and sweetness to salad dressings, marinades, glazes and smoothies.

Date paste's low moisture and high acidity give it a long shelf life and make it easy to work with. Date paste won't interfere with chemical leavening systems or greatly alter yeast-leavened dough characteristics, and the high invert sugar content gives food – especially baked goods – a pleasantly softer texture.

THE SCIENCE OF DATE PASTE

Experiments using date paste in bread show how it works its "magic." Bread made from wheat flour and date paste showed a decrease in water absorption. Other benefits were revealed as well, including reduced dough development time and increased dough softening time. Acceptability tests have shown that substituting date paste for sugar at the rate of 8% was optimal for bread improvement.

A WELCOME ADDITION

Date paste improves the taste of the foods it helps make, with notes of caramel, brown sugar and vanilla. It also has an amazing nutritional profile. As a replacement for sucrose, date paste adds important minerals, vitamins, fiber and healthful plant compounds called phenolics.



BENEFITS OF DATE PASTE

- Adds sweetness without refined sugars
- 78% invert sugar
- High fiber content
- Low-glycemic index food
- 16 vitamins and minerals
- No cholesterol
- Good source of phenolics
- Good source of natural antioxidants
- 50% more potassium, by weight, than bananas

PURE AND SIMPLE

To make our date paste, we grow and process our own dates in California and Arizona – without additives, sulfating agents or artificial flavors – and use select imported varieties. Organic and conventionally-grown date paste are both available.

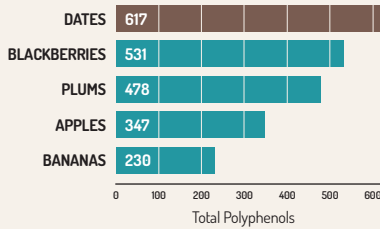
Depending on texture requirements, we offer two different grinds:

- **Single Grind** Dates are cleaned, pitted, macerated and extruded through a 1/8th-inch aperture screen
- **Double Grind** Dates are cleaned, pitted, macerated and extruded through a 3/8th-inch aperture screen, and then a 1/8th-inch aperture screen



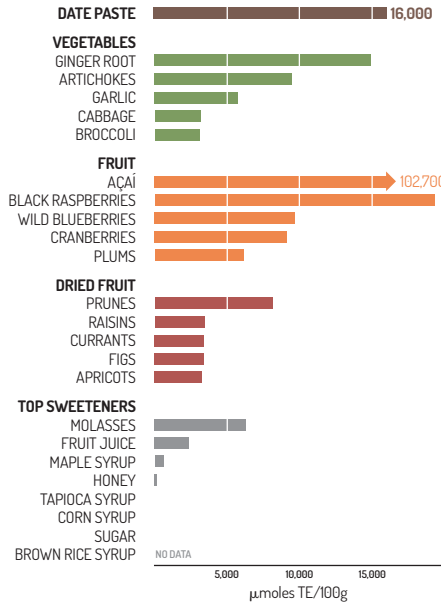
Dates are higher in total polyphenols than any of the most commonly consumed fruits or vegetables.

Common health problems – including heart disease, diabetes and arthritis – are associated with inflammation in the body. Antioxidants, particularly polyphenols from fruit, have been shown to directly neutralize free radicals and possibly reduce the damage caused by inflammation. Among commonly consumed whole fresh fruits, dates rank high in antioxidant polyphenols.



ANTIOXIDANT ORAC VALUE

Date paste has as much or more oxygen radical absorbance capacity than most of the top five fruits, dried fruits and vegetables, as well as common sweeteners.

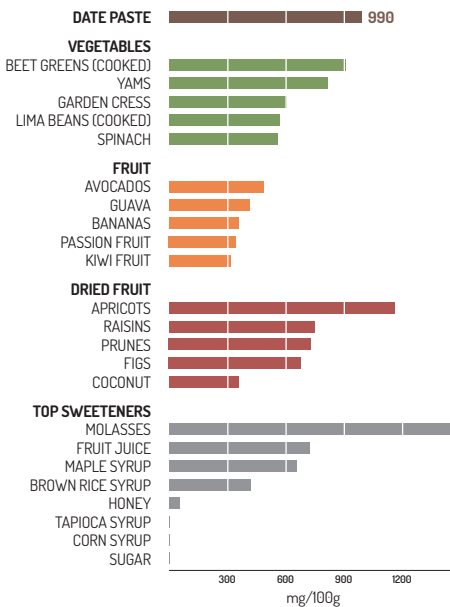


1 CUP OF DATE PASTE
IS EQUAL TO
1 CUP OF WHITE OR BROWN SUGAR

Date paste is sold in 40-lb. boxes.

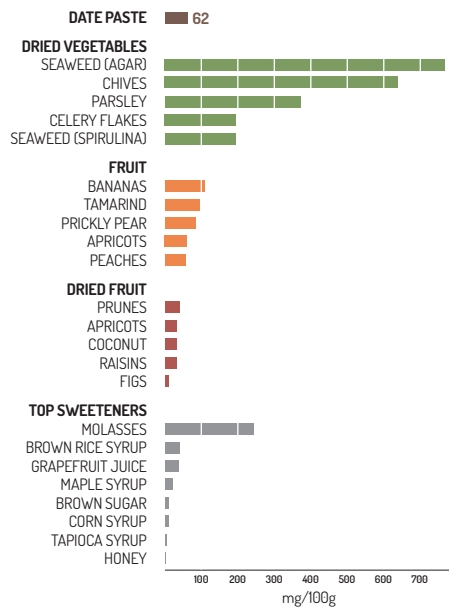
POTASSIUM LEVELS

Date paste has as much or more potassium than most of the top five fruits, dried fruits and vegetables, as well as common sweeteners.



MAGNESIUM LEVELS

Date paste has as much or more magnesium than the top five dried fruits and common sweeteners, and is very comparable to the top five fruits.



Nutrition Facts

Serving Size (100g)	
Amount Per Serving	
Calories 314	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 993mg	28%
Sodium 15mg	1%
Total Carbohydrate 76g	25%
Dietary Fiber 13g	52%
Sugars 54g	
Protein 2g	4%
Vitamin C 2%	Calcium 8%
Iron 8%	Vitamin E 2%
Thiamin 2%	Riboflavin 8%
Niacin 8%	Vitamin B6 10%
Pantothenic Acid 8%	Phosphorus 6%
Magnesium 15%	Selenium 0.1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



WOODSPUR
FARMS

Questions and Sample Requests

Contact Douglas D. Resh, M.S., CPSP

Director, Ingredient Sales

619.750.6571

douglas.resh@woodspurfarms.com



No preservatives, additives, sulfating agents or artificial flavors are used.

© 2015 Woodspur Farms, LLC. All rights reserved.



1.800.827.8017 | woodspurfarms.com