

FREE GUIDE • DIET SWAD

Arabian Dates vs Local Dates

The complete comparison - why they look different, why some dates are sugar-coated, how to spot real quality, and what to check on the pack

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Ancient Wisdom, Modern Life

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What's inside

1. Why this comparison matters
2. The side-by-side
3. What's inside a good date (the honest nutrition)
4. How to buy real quality - the 4 checks
5. Quick FAQ

Why this comparison matters

'Dates are healthy' - true. But 'dates' in the market ranges from plump, naturally sweet Arabian khajoor to dry local dates rolled in sugar syrup to make them palatable. If you're eating dates FOR health, the difference matters. Here is the full, honest picture.

The side-by-side

What to compare	Quality Arabian dates	Cheap / sugar-coated dates
Look	Plump, glossy, deep brown, intact skin	Dry, wrinkled, dull - or suspiciously shiny & sticky (syrup)
Feel	Soft, slightly chewy	Hard/dry, or tacky with coating
Taste	Deep caramel-like natural sweetness	Flat sweetness sitting ON the fruit, not in it
Sweetness source	The fruit's own sugars	Fruit + added sugar syrup / glucose coating
Label	Just 'dates'	'Dates, sugar/glucose syrup' - the giveaway

Why coat a date with sugar at all?

Lower-grade dates are harvested dry, less sweet, and look unappealing. A glucose-syrup bath makes them shiny, sticky and sweet - and cheap to sell. You end up paying for refined sugar wearing a khajoor costume.

What's inside a good date (the honest nutrition)

- **Natural sugars WITH fibre:** a date is sweet, but its fibre slows the sugar's absorption - a gentler energy curve than refined sugar's spike-and-crash.
- **Minerals:** potassium (more per gram than banana), magnesium, and some iron and B-vitamins.
- **Satiety:** the chew + fibre makes 2-3 dates satisfying; a spoon of sugar just makes you want more.
- **Honesty note:** dates are still an energy-dense sweet food - 2-4 a day is a portion, not a packet.

How to buy real quality - the 4 checks

1. **Squeeze:** gives slightly, springs back = fresh. Rock-hard or mushy = old or over-processed.
2. **Stickiness test:** naturally moist is fine; leaving syrup on your fingers = coated.

3. **Label check:** the ingredient list should say one word - dates. Any 'syrup/sugar/glucose' = coated.
4. **Origin & pack:** good importers state origin and pack airtight; loose open bins dry out and attract adulteration.

Quick FAQ

- **Are dates okay for weight management?** In portions, yes - they replace worse sweets brilliantly. They are calorie-dense, so count them as your sweet, not as free fruit.
- **Diabetic?** Dates still carry sugar (natural, but sugar). Portion and doctor's advice first.
- **Best time to eat?** Pre-workout (quick + sustained fuel), or as the evening sweet-craving answer.
- **Dates vs sugar in recipes?** Date paste adds fibre and minerals where refined sugar adds nothing - the swap is almost always an upgrade.

Why we import Arabian dates

Diet Swad Power Bites are 53.8% Arabian dates, and Peanut-Sesame Delights are 50% - the dates ARE the sweetener, so we never add refined sugar. That only works with genuinely sweet, plump dates - which is exactly why we don't use the cheap coated kind. ₹499, FREE shipping - dietswad.in.

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