

Brought to you by Oregon State University Extension & Advanced Health

www.advancedhealth.com/healthy-bytes-initiative

use in pastries or pies, or in making Jam

- Properties that protect against cancer
 Fresh or dried figs make a great snack, or toss into salad or smoothies,
- Phenolic acids and flavonoids have anti-inflammatory and antioxidant
 - health; Iron helps form healthy red blood cells
 Vitamin A helps maintain healthy vision, skin and immune function
- constipation
 Rich in minerals calcium, potassium, phosphorus and strontium for bone
- High in fiber that can lower cholesterol, control blood sugars and relieve
 - Potential benefits of consuming figs:
 - 1/3 cup dried fig provides:
 133 Calories, 2gm protein, 5gm fiber, no fat, no cholesterol
 - 1 small fresh fig provides:
 30 Calories, 0.3gm protein, 1.2gm fiber, no fat, no cholesterol

Health Benefits of Figs



Figs are a sweet, bell-shaped fruit with chewy texture. They are packed with vitamins, minerals and antioxidants that fight chronic disease.

Fresh or Dried Figs



Brought to you by Oregon State University Extension & Advanced Health

www.advancedhealth.com/healthy-bytes-initiative

use in pastries or pies, or in making Jam

- Properties that protect against cancer
 Fresh or dried figs make a great snack, or toss into salad or smoothies,
- Phenolic acids and flavonoids have anti-inflammatory and antioxidant
 - health; Iron helps form healthy red blood cells

 Vitamin A helps maintain healthy vision, skin and immune function
- Rich in minerals calcium, potassium, phosphorus and strontium for bone
- High in fiber that can lower cholesterol, control blood sugars and relieve

Potential benefits of consuming figs:

- 133 Calories, 2gm protein, 5gm fiber, no fat, no cholesterol
 - 1/3 cup dried fig provides:
- 1 small fresh fig provides:30 Calories, 0.3gm protein, 1.2gm fiber, no fat, no cholesterol

Health Benefits of Figs



Figs are a sweet, bell-shaped fruit with chewy texture. They are packed with vitamins, minerals and antioxidants that fight chronic disease.

resh or Dried Figs

Fresh or Dried Figs

Figs are a sweet, bell-shaped fruit with chewy texture. They are packed with vitamins, minerals and antioxidants that fight chronic disease.



Health Benefits of Figs

1 small fresh fig provides:

• 30 Calories, 0.3gm protein, 1.2gm fiber, no fat, no cholesterol

1/3 cup dried fig provides:

• 133 Calories, 2gm protein, 5gm fiber, no fat, no cholesterol

Potential benefits of consuming figs:

- High in fiber that can lower cholesterol, control blood sugars and relieve constipation
- Rich in minerals calcium, potassium, phosphorus and strontium for bone health; Iron helps form healthy red blood cells
- Vitamin A helps maintain healthy vision, skin and immune function
- Phenolic acids and flavonoids have anti-inflammatory and antioxidant properties that protect against cancer
- Fresh or dried figs make a great snack, or toss into salad or smoothies, use in pastries or pies, or in making jam

www.advancedhealth.com/healthy-bytes-initiative

Brought to you by Oregon State University Extension & Advanced Health



Fresh or Dried Figs

Figs are a sweet, bell-shaped fruit with chewy texture. They are packed with vitamins, minerals and antioxidants that fight chronic disease.



Health Benefits of Figs

1 small fresh fig provides:

• 30 Calories, 0.3gm protein, 1.2gm fiber, no fat, no cholesterol

1/3 cup dried fig provides:

• 133 Calories, 2gm protein, 5gm fiber, no fat, no cholesterol

Potential benefits of consuming figs:

- High in fiber that can lower cholesterol, control blood sugars and relieve constipation
- Rich in minerals calcium, potassium, phosphorus and strontium for bone health; Iron helps form healthy red blood cells
- Vitamin A helps maintain healthy vision, skin and immune function
- Phenolic acids and flavonoids have anti-inflammatory and antioxidant properties that protect against cancer
- Fresh or dried figs make a great snack, or toss into salad or smoothies, use in pastries or pies, or in making jam

www.advancedhealth.com/healthy-bytes-initiative



Brought to you by Oregon State University Extension & Advanced Health