



# Figs

## Health Benefits of Figs

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

### **1 small fresh fig provides:**

- 30 calories, 0.3gm protein, 1.2gm fiber, no fat and no cholesterol

### **1/3 cup dried fig provides:**

- 133 calories, 2gm protein, 5gm fiber, no fat and no cholesterol

### **Potential benefits of consuming figs:**

- High in fiber that can help to 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, 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

For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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