

- 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

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.

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