

HUNGRY FOR DATES?

Your labour may thank you!

POTENTIAL BENEFITS

- Lower rates of induction/augmentation (1,2)
- Lower rates of prelabour rupture of membranes (1)
- Cervical ripener (increased dilation & effacement upon hospital arrival) (3,4)
- Decreased length of labour from 0-10cm (4)
- Decreased length of pushing stage (4)

WHAT'S IN DATES?

High in carbohydrates
sugar + fibre

- Selenium
- Copper
- Potassium
- Magnesium
- Moderate source: B Vitamins & Vitamin C

CAUTION

These results primarily studied people having their first or second baby and EXCLUDED any high risk pregnancies, or pregnancies complicated with diabetes

Consider lowering other carbohydrate intake if consuming dates, and/or focusing on healthy carbs

LET'S DO IT!

Eat 70g of dates
per day starting at
36 weeks

FUN DATE IDEAS

Eat them plain

OR

Stuffed with nut-butter

Stuffed with cheese

Blended in smoothies

Make energy balls

In oatmeal/yogurt/cereal

REFERENCES:
1. AL-KURAN O, AL-MEHAISEN L, BAWADI H, BEITAWI S, AMARIN Z. THE EFFECT OF LATE PREGNANCY CONSUMPTION OF DATE FRUIT ON LABOUR AND DELIVERY. J OBSTET GYNAECOL. 2011;31(1):29-31.
2. RAZALI N, MOHD NAHWARI SH, SULAIMAN S, HASSAN J. DATE FRUIT CONSUMPTION AT TERM: EFFECT ON LENGTH OF GESTATION, LABOUR AND DELIVERY. J OBSTET GYNAECOL. 2017 JUL;37(5):595-600.
3. KORDI M, AGHAEI MEYBODI F, TARA F, NEMATI M, SHAKERI MT. THE EFFECT OF LATE-PREGNANCY CONSUMPTION OF DATE FRUIT ON CERVICAL RIPENING IN NULLIPAROUS WOMEN. JOURNAL OF MIDWIFERY AND REPRODUCTIVE HEALTH. 2014;2(3): 150-156.
4. KORDI M, MEYBODI FA, TARA F, FAKARI FR, NEMATI M, SHAKERI M. EFFECT OF DATES IN LATE PREGNANCY ON THE DURATION OF LABOR IN NULLIPAROUS WOMEN. IRAN J NURS MIDWIFERY RES. 2017 SEP-OCT;22(5):383-387