

Alternative Diets



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NUTRITIONALLY SOUND DIET DESPITE MODIFICATIONS

If you're looking to decrease your intake of inflammatory sugars, dates are a perfect swap, whether they're in their whole form or turned into a syrup or paste.

Dates are rich in iron, as well as fiber, and are naturally high in Vitamin C and Folate. This makes dates easy and nutritious to incorporate into a healthy diet. I especially like dates during a woman's cycle, as they're an iron-rich food that can also satisfy common sweet cravings. Dates can be used in so many different ways, and are the perfect addition to any meal - breakfast, lunch and dinner! Try [these](#) recipes that I have on rotation in my kitchen; paleo & plant-based!

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PLANT-BASED

If you're interested in starting a more plant-based diet, dates are a great option to incorporate iron, but also fiber.

Date Energy Balls

These make the perfect grab and go snack. They are low-sugar and don't require any additional sweeteners. I routinely vary the nuts used to make sure I get a wide variety of nutrients, such as almonds for more calcium or walnuts for more omega-3 fatty acids. I'll add a protein powder, too!



Tahini, Harissa and Date Roasted Cauliflower

This recipe is the copycat of True Foods Cauliflower starter. Tahini is rich in healthy fats that when paired with high-fiber cauliflower and iron rich dates makes for a well balanced dish. This is also an excellent example of an Iron and Vitamin C pairing, as the lemon juice used in the sauce will help absorb the nutrients from the dates, as well as pistachios

Paleo Zucchini Bread

Dates can replace the added sugars in most baked goods, especially when well processed or turned into a paste. Using dates in a breakfast bread like this one is a great option to create a satisfying, yet not overly sweet bite. I will make bread like this when guests are in town to serve with nut butters, fresh fruit and scrambled eggs, it's such a special treat!



PALEO

Dates complement the smoky, savory and salty taste of many meats.

Paleo Bacon Wrapped Dates

These are excellent finger foods for when hosting friends!

[GET RECIPE](#)

Paleo Chicken Salad

I've got this recipe on rotation during the Whole30 resets I facilitate, it's so simple and delicious!

[GET RECIPE](#)

Brussel Sprouts with Bacon and Dates

Such a simple, yet satisfying side dish to serve with roasted chicken and sweet potatoes.

[GET RECIPE](#)

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