

# The Whole Package: California Dried Plums



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*California Dried Plums are The Whole Package: a naturally sweet, convenient and nutrient-dense snack. Emerging research suggests dried plums may support healthy bones, heart health, digestive health, immunity and healthy aging.*

- One serving (4–5 dried plums) is less than 100 calories. Additionally, each serving provides **3 g of fiber** (and is considered a **good source of fiber**), **293 mg of potassium**, **16 mg of magnesium** and more vitamin K than any other fresh or dried fruit.
- Dried plums as a fruit are naturally low in fat and sodium and are cholesterol-free, plus they **contain no trans fatty acids**.
- Dried plums naturally contain fructose and glucose with almost no sucrose and the sugar alcohol sorbitol which is non-cariogenic. This sugar profile enables dried plums to be included in some federal food programs.
- The USDA's *MyPlate* icon—divided into 4 sections representing fruits, vegetables, grains and protein with a side circle indicating milk/dairy—communicates the message to fill half your plate with fruits and vegetables. **The fruit group specifically mentions prunes (dried plums) and prune juice as sources of potassium:** “Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice.”  
<http://www.choosemyplate.gov/food-groups/fruits-why.html>
- Dried plums are a convenient, economical fruit—a pantry staple because **they resist spoilage and require no refrigeration**.

## Research Supports California Dried Plums' Contribution to a Healthful Diet

- **Dried plums may provide bone-protective benefits.** A clinical trial found that dried plums improve bone mineral density (BMD) in post-menopausal women, and additional research found that dried plums restore bone in animal models of hormone deficiency-related osteoporosis and restore bone loss due to normal aging.
  - Rendina E, Hembree KD, Davis MR, Marlow D, Clarke SL, Halloran BP, Lucas EA, Smith BJ. Dried Plum's Unique Capacity to Reverse Bone Loss and Alter Bone Metabolism in Postmenopausal Osteoporosis Model. *PLoS One*. 2013;8(3):e60569. [PubMed]
  - Hooshmand S, Chai SC, Saadat RL, Payton ME, Brummel-Smith K, Arjmandi BH. Comparative effects of dried plum and dried apple on bone in postmenopausal women. *British Journal of Nutrition*. 2011;106(6):923–930. [PubMed]
  - Halloran BP, Wronski TJ, VonHerzen DC, et al. Dietary dried plum increases bone mass in adult and aged male mice. *Journal of Nutrition*. 2010;140:1781–1787. [PubMed]
  - Hooshmand S, Arjmandi BH. Viewpoint: dried plum an emerging functional food that may effectively improve bone health. *Ageing Research Reviews*. 2009;8:122–7. [PubMed]
  - *Clinical trial is underway to examine the effectiveness of daily consumption of 50 g dried plum on reversing bone loss and improving indices of bone turnover in osteopenic postmenopausal women. Research is currently investigating the role of dried plums on attainment of peak bone mass during growth and development in an animal model.*
  - *British Journal of Nutrition / Volume 112 / Issue 01 / July 2014, pp 55 – 60*
  - *British Journal of Nutrition (2011), 106, 923–930.*
- **Dried plums help manage weight through improved satiety** perhaps by producing lower glucose and/or appetite-regulating hormone concentrations.
  - Furchner-Evanson A, Petrisko Y, Howarth L, Nemocek T, Kern M. Type of snack influences satiety responses in adult women. *Appetite*. 2010;54:564–569. [PubMed]
  - April 2014, The FASEB Journal vol. 28 no. 1. Supplement 1039.5, 1040.1, 640.1 ([http://www.fasebj.org/content/28/1\\_Supplement/1039.5.abstract?sid=500b2ff1-842e-4bc5-9876-3906c53e601e](http://www.fasebj.org/content/28/1_Supplement/1039.5.abstract?sid=500b2ff1-842e-4bc5-9876-3906c53e601e) [http://www.fasebj.org/content/28/1\\_Supplement/1040.1.short](http://www.fasebj.org/content/28/1_Supplement/1040.1.short) [http://www.fasebj.org/content/28/1\\_Supplement/640.1.abstract?sid=2bb0503c-2b42-4e38-ba92-6ed5462cc6d1](http://www.fasebj.org/content/28/1_Supplement/640.1.abstract?sid=2bb0503c-2b42-4e38-ba92-6ed5462cc6d1))
- **Dried plums reduce LDL cholesterol in both animals and humans.** The equivalent of eating 10 to 12 per day reduced atherosclerotic lesions in a strain of mice that develop atherosclerosis quickly.
  - Gallaher CM, Gallaher DD. Dried plums (prunes) reduce atherosclerosis lesion area in apolipoprotein E-deficient mice. *British Journal of Nutrition*. 2009;101(2):233–239. [PubMed]
- **Dried plums promote digestive health** and are safe, palatable and more effective than psyllium for the treatment of mild to moderate constipation, and should be considered as first line therapy.
  - Attaluri A, Donahoe R, Valestin J, Brown K, Rao SS. Randomised clinical trial: dried plums (prunes) vs. psyllium for constipation. *Alimentary Pharmacology and Therapeutics*. 2011;33:822–828. [PubMed]
- **Dried plums are considered a low-GI food**, which means they are likely more satiating than high-GI foods and do not cause a large rise and fall in blood glucose levels and insulin response after a meal.
  - Foster-Powell, K., Holt, S.H.A., Brand-Miller, J.C. International table of glycemic index and glycemic load values. *Am. J. Clin. Nutr.* 2002.76:5–56. [PubMed]



This information is provided to help better understand the benefits of dried plums in a nutritious diet, as suggested by previously published peer-reviewed research. The California Dried Plum Board is a USDA Choose MyPlate National Strategic Partner supporting the Dietary Guidelines for Americans and encouraging consumers to make half their plate fruits and vegetables.

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