

## Fig Oids

1. Figs are fat-free, sodium. free and cholesterol-free.

2. Figs have the highest overall mineral content of all common fruit. A 40 gram, or 1/4 cup serving provides 244 mg of potassium, 53 mg of calcium, and 1.2 mg of iron.

3. Figs contain Omega-3 and Omega-6 essential fatty acids, as well as a number of phytosterols. Phytosterols are credited with decreasing natural cholesterol synthesis in the body, thus lowering the overall cholesterol count.

4. Figs contain a natural humectant . a chemical that will extend freshness and moistness in baked products.

5. Figs are high in alkalinity, and has been mentioned as being beneficial to persons wishing to quit smoking.

6. Fig puree can be used to replace fat in baked goods.

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