

# California Prunes

NUTRITION  
& HEALTH

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 **california**  
**prunes**  
Prunes. For life.

## NUTRIENT FUNCTION CLAIMS

Due to the nutrients they provide, California Prunes can carry a range of EU authorised nutrient function health claims, which we have grouped together to show how prunes can be helpful as part of a balanced and varied diet and a healthy lifestyle.

### BONE HEALTH

Exciting research from two randomised controlled trials is suggesting that prunes may provide benefits far beyond their proven digestive health effects. Researchers (Hooshmand S, *et al.* Osteoporos Int. 2016; Br J Nutr. 2014; and 2011) have monitored bone mineral density (BMD) in osteopenic, postmenopausal older women, who ate 0g (control), 50g or 100g prunes daily for at least 6 months (in addition to daily calcium and vitamin D supplements). They have shown that a simple daily helping of California Prunes (about 5-6 prunes) may be useful for bone health by acting to slow bone loss.

Whilst research continues to explore the mechanisms by which prunes may benefit bone health, we already know that prunes are high

in vitamin K and a source of manganese, two nutrients that support the maintenance of normal bones.

Also, broadly relevant to bone health are the following authorised claims:

Prunes are high in potassium, which contributes to normal muscle function.

Prunes are a source of copper, which contributes to normal iron transport in the body.

Prunes are a source of manganese, which contributes to the normal formation of connective tissue, and a source of copper, which contributes to maintenance of normal connective tissues.

Prunes are high in vitamin K, which contributes to normal blood clotting.

### HEART HEALTH

Prunes are saturated fat free. Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels.

Prunes are salt free and sodium free. Reducing consumption of sodium contributes to the maintenance of normal blood pressure.

Prunes are high in potassium, which contributes to normal muscle function and to the maintenance of normal blood pressure.

Prunes are high in vitamin K, which contributes to normal blood clotting.

Prunes are a source of vitamin B6, which contributes to normal red blood cell formation and normal homocysteine metabolism.

Prunes are a source of manganese and copper, (which are antioxidant nutrients) that contribute to the protection of cells from oxidative stress.

Prunes are high in fibre.

## CALIFORNIA PRUNES NUTRITION DECLARATION

	Per 100g 968kJ/229kcal	Per pack/28g 271kJ/64kcal
ENERGY		
FAT	0g	0g
of which SATURATES	0g	0g
CARBOHYDRATES	57g	16g
of which SUGAR	38g	10.6g
of which POLYOLS	15.1g	4.2g
FIBRE	7.1g	2g
PROTEIN	2.2g	0.62g
SALT	0g	0g

VITAMINS & MINERALS	Per 100g (%RI*)	Per pack/28g (%RI*)
VITAMIN K	60µg (80% RI)	16.7µg (12% RI)
VITAMIN B6	0.21mg (15% RI)	0.06mg (4% RI)
POTASSIUM	732mg (37% RI)	205mg (10% RI)
COPPER	0.28mg (28% RI)	0.08mg (8% RI)
MANGANESE	0.3mg (15% RI)	0.08mg (4% RI)

\*Reference intake value

## CALIFORNIA PRUNES RESEARCH, NUTRITION AND HEALTH INFORMATION

The California Prunes Nutrition Handbook and the accompanying California Prunes Research Brochure (2019 edition) are a compilation of all-things California Prunes in relation to nutrition research and more.

From the history of the California Prune, to the latest research on prunes, bone and digestive health, to cooking and baking ideas.

This handbook and brochure are designed to be a go-to source of information for nutrition and health professionals and can be found on the California Prunes website at [www.californiaprunes.net/health-professionals/nutrition-information-and-research](http://www.californiaprunes.net/health-professionals/nutrition-information-and-research)



## BRAIN HEALTH AND THE NERVOUS SYSTEM

Prunes are high in potassium, and a source of vitamin B6 and copper, which contributes to normal functioning of the nervous system.

Prunes are a source of vitamin B6, which contributes to normal psychological function.

Prunes contain carbohydrate. Carbohydrates contribute to the maintenance of normal brain function with a daily intake of 130g of carbohydrate from all sources.

## DIGESTIVE HEALTH

Maintaining digestive health is an important component of overall well-being. Prunes are high in fibre, containing 7.1g fibre/100g (8-10 prunes), which is equivalent to approximately 1/4 of the daily recommendations. Eaten in quantities of 100g per day, prunes contribute to normal bowel function.

Prunes contain dietary fibre, sorbitol and polyphenols, and their potential to contribute to the gut microbiome is the subject of current research.

## BODY FUNCTIONING

Prunes are a source of vitamin B6 and copper, which contribute to the normal function of the immune system.

Prunes are a source of vitamin B6 and copper plus high in potassium, which contributes to normal functioning of the nervous system.

Prunes are a source of vitamin B6, which contributes to normal protein and glycogen metabolism.

Prunes are a source of manganese, copper and vitamin B6, which contributes to normal energy-yielding metabolism.

## DENTAL HEALTH

Research by the Dried Fruit Association revealed that Brits are obsessed with snacking. 81% snack daily, most often on crisps (67%) and chocolate (59%), with dried fruit in 11th place (eaten by just 13% of respondents).

Low dried fruit consumption may, in part, be due to common misconceptions, such as the assumptions that dried fruit is nutritionally different to fresh, contains too much sugar, and is bad for our teeth. However, a comprehensive review by Dr M Sadler highlighted that there is limited research to support these negative perceptions, and poor

evidence for the current public health message to limit consumption of dried fruit to mealtimes. In fact, traditional dried fruits contain only naturally occurring sugars (with no added sugars or free sugar), and are nutritionally similar to fresh fruit (with the exception of vitamin C).

Scientists have reviewed the evidence on dried fruit and public health, to support its role in dental and gut health its contribution to the 30g/day fibre and 5-a-day fruit and vegetable recommendations, as well as discussing the many common, yet incorrect perceptions.

## ABOUT CALIFORNIA PRUNES

The California Prune Board, under the authority of the California Secretary of Food and Agriculture represents the entire 800 prune plums growers and 28 prune packers of California.

The legendary Petit d'Agen plum, brought to California from France during the Gold Rush and grafted onto wild American plum stock, is grown in 46,000 acres of rich soil of the Sacramento

and San Joaquin valleys, warmed by a steady sun, and hand-tended by growers with generations of experience. Couple all this with the most rigorous agricultural standards of any place on earth and it's no wonder that the California Prune is known for being the best quality prune in the world, exported to 72 countries, and contributing 40% of the world's supply of prunes, and 99% of the United States' prune supplies.

## CALIFORNIA PRUNES

Prunes are the only natural, whole fruit to achieve an authorised health claim in Europe: Eating 100g California Prunes (roughly 8-12) daily contributes to normal bowel function.

Individual dose preferences vary. It is recommended that prunes are introduced into the diet gradually, with a concurrent increase in fluid.

Prunes can contribute towards achieving 5+ a-day fruit and vegetables.\*

Prunes are a rich flavoured, convenient everyday snack and a useful ingredient when reformulating recipes:

- Prunes provide a natural replacement for some of the processed sugars in sweet dishes.
- When blended into a purée prunes offer a useful sugar and fat replacer for baking, adding fat-like (though fat-free) characteristics that enhance flavour.
- Prunes inhibit the formation of mould in baked goods to improve storage.
- Prunes help control the development of lipid oxidation in processed meats.

## NUTRITION CLAIMS

- Prunes are high in fibre
- Prunes are high in vitamin K
- Prunes are high in potassium
- Prunes are a source of manganese
- Prunes are a source of vitamin B6
- Prunes are a source of copper
- Prunes contain sorbitol (which is a polyol)
- Prunes contain only naturally occurring sugars, with no added sugar
- Prunes contain carbohydrate
- Prunes are fat-free
- Prunes are saturated fat-free
- Prunes are salt-free
- Prunes contain no added salt

\*400g of fruit and vegetables (approximately 5 portions), is the daily minimum recommended by The World Health Organisation to improve overall health and reduce the risk of certain non-communicable diseases ([http://www.who.int/elena/titles/fruit\\_vegetables\\_ncds/en/](http://www.who.int/elena/titles/fruit_vegetables_ncds/en/)). Daily fruit and vegetable portion recommendations vary between countries, with 5 considered the minimum; Denmark for example goes further and advocates 600g/6 portions a day (<http://www.fao.org/3/a-as675o.pdf>). Many people fall short of the minimum daily recommendation, so adding dried fruit such as prunes to the daily diet can be a convenient and helpful contribution to the 5+ a-day.

## WANT TO KNOW MORE?

Sign up for our Healthcare Professionals' Newsletter at:  
<https://californiaprunes.net/health-professionals/>

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