

Nutrition with Context Webinar: Dried Plums (Prunes) and Bone Health

What are prunes?

Prunes are from the European plum *Prunus domestica* that is dried. There are many different varieties of plums, but this one is the most common for prunes due to their pit being very easy to remove and because they don't ferment during the drying process.



Are prunes sustainable?

To grow plums and create prunes, you do require many resources as pictured on the right.



However, overall, consuming prunes are sustainable when compared to other fruits and vegetables. In fact, plums have a lower carbon foot print than kiwis, apricots, pears, and apples!

Nutrition Facts	
Valeur nutritive	
Per 6 units (40g) pour 6 unités (40g)	
Calories 100	%Daily value*
	%valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 3 g	11 %
Sugars / sucres 15 g	15 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 300 mg	6 %
Calcium 20 mg	2 %
Iron / Fer 0.4 mg	2 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Are prunes healthy?

Yes! If you eat about 6 prunes, you will get 11% of your fibre, 6% of your potassium, and 2% of your calcium and iron requirements.

In addition to this, prunes contain vitamin K, magnesium, and phosphorus.

Prunes can help reduce constipation as they contain high fibre and can also support bone health.

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What is bone health and osteoporosis?

Around 2 million Canadians are affected by osteoporosis. Osteoporosis is a condition that weakens bones to the point where they break easily. Compared to normal bone, osteoporotic bones are less dense and contain more spaces.



Who is at risk of osteoporosis?

The major risk factors of osteoporosis include:

- Women approaching menopause
- Men aged 65 and above
- Low physical activity levels
- Family history of osteoporosis
- History of falls
- Low intake of calcium and vitamin D
- Consumption of 3 or more alcoholic drinks daily
- Cigarette smoking

What are the nutritional recommendations for osteoporosis?

General nutrition recommendations for bone health include:

- Aim for 1,200 mg calcium from food and supplements daily
- Aim for 800-2,000 IU vitamin D daily
- Aim for 2.4 mcg vitamin B12 daily
- Have at least 7 servings of fruits and vegetables for potassium, magnesium, and vitamin K

Eating prunes can fit into the last recommendation as they contain potassium, magnesium, and vitamin K!

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A Quick and Easy Recipe: Prune Power Balls

These power balls are the perfect snack on a hot day! Fudgey, creamy, and nutty, these are sure to satisfy even the most difficult palette!

This power ball recipe is no-bake and vegan. The only equipment you will need is a food processor.

Portions: 13 balles / balls

Préparation: 5 minutes

Contient / contains : amandes / almonds

Ingredient	Measurement
Pruneaux / Dried plums/prunes	1 tasse / cup (111 g)
Beurre d'amande / almond butter	3 c. à table / tbsp (45 g)
poudre de cacao / cocoa powder	3 c. à table / tbsp (23 g)
Sirop d'érable / maple syrup	1 c. à café / tsp (7 g)
Extrait de vanilla / pure vanilla extract	1/8 c. à café / tsp (0.63 ml)
Cannelle / Cinnamon	1 c. à café / tsp (3 g)
Optional: noix de coco râpée / shredded coconut	2 c. à table / tbsp (9 g)
Optional: amandes effilées / slivered almonds	2 c. à table / tbsp (14 g)



Steps

1. Add dried plums, almond butter, cinnamon, cocoa powder, vanilla, and maple syrup to the food processor.
2. Pulse for 4-8 times.
3. Blend for 30-60 seconds.
4. Check consistency by taking 1 tbsp of the mixture and checking to see if it will hold a ball shape. At this step, it is important to taste the mixture and add any adjustments to your taste (more maple syrup, vanilla, or cocoa powder).

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Steps (continued)

- Using a 1 tbsp measuring spoon, portion the mixture into 13 balls.
- Optional: coat each ball in either slivered almonds or shredded coconut or both.
- Place balls into a container and place into freezer for 1 hour to allow the balls to firm up.
- Store the balls in the fridge for up to 2 weeks or keep in the freezer for up to 3 months.



Nutrition Facts		Valeur nutritive	
Per 2 balls (33 g) pour 2 balles (33 g)			
Calories 130		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 6 g			8 %
Saturated / saturés 1.5 g			8 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 17 g			
Fibre / Fibres 4 g			14 %
Sugars / Sucres 7 g			7 %
Protein / Protéines 3 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 5 mg			0 %
Potassium 125 mg			3 %
Calcium 40 mg			3 %
Iron / Fer 1.5 mg			8 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

Ingredients: Prunes, Potassium Sorbate, Dry Roasted Almonds, Organic Cocoa, Potassium Carbonate, Almonds, coconut, Sugars (maple syrup), Cinnamon Powder
Contains: Almond
Ingrédients: Pruneaux, sorbate de potassium, Amandes grillées à sec, Cacao biologique, carbonate de potassium, Amandes, Noix de coco, Sucres (sirop d'érable), Cannelle en poudre
Contient: Amandes

Prune Power Ball Nutrition

For two prune power balls, you will get:

- 14% of your daily fibre intake
- 3 grams of protein
- 3% of your daily potassium intake
- 3% of your daily calcium intake
- 8% of your daily iron intake

You can enjoy these prune balls with a glass of fortified soy milk or cow's milk to get more calcium!

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How do prunes fit into Canada's Food Guide?

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



Eating prunes (or dried plums) can count towards your fruit intake during the day. However, it is recommended to choose dried fruit with no added sugars.

Adding prunes to your diet can be a fun way to introduce more fruit into your daily eating pattern.

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Want to learn more about osteoporosis?

To learn more about osteoporosis and bone health, check out the following websites:

- osteoporosis.ca
- unlockfood.ca

Want to learn more about dried fruit and prunes?

To learn more about the nutrients in prunes and other dried fruit as well as how consuming fruit fits into Canada's Food Guide, check out these websites:

- [unlockfood.ca \(dried fruit\)](https://unlockfood.ca/dried-fruit)
- [Canada's Food Guide - Eat vegetables and fruits](https://www.canada.ca/food-guide)

Want more fun recipes with prunes?

If you would like to find more recipes using prunes, check out the website californiaprunes.org/recipes.



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