

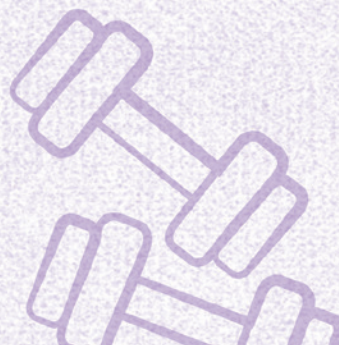


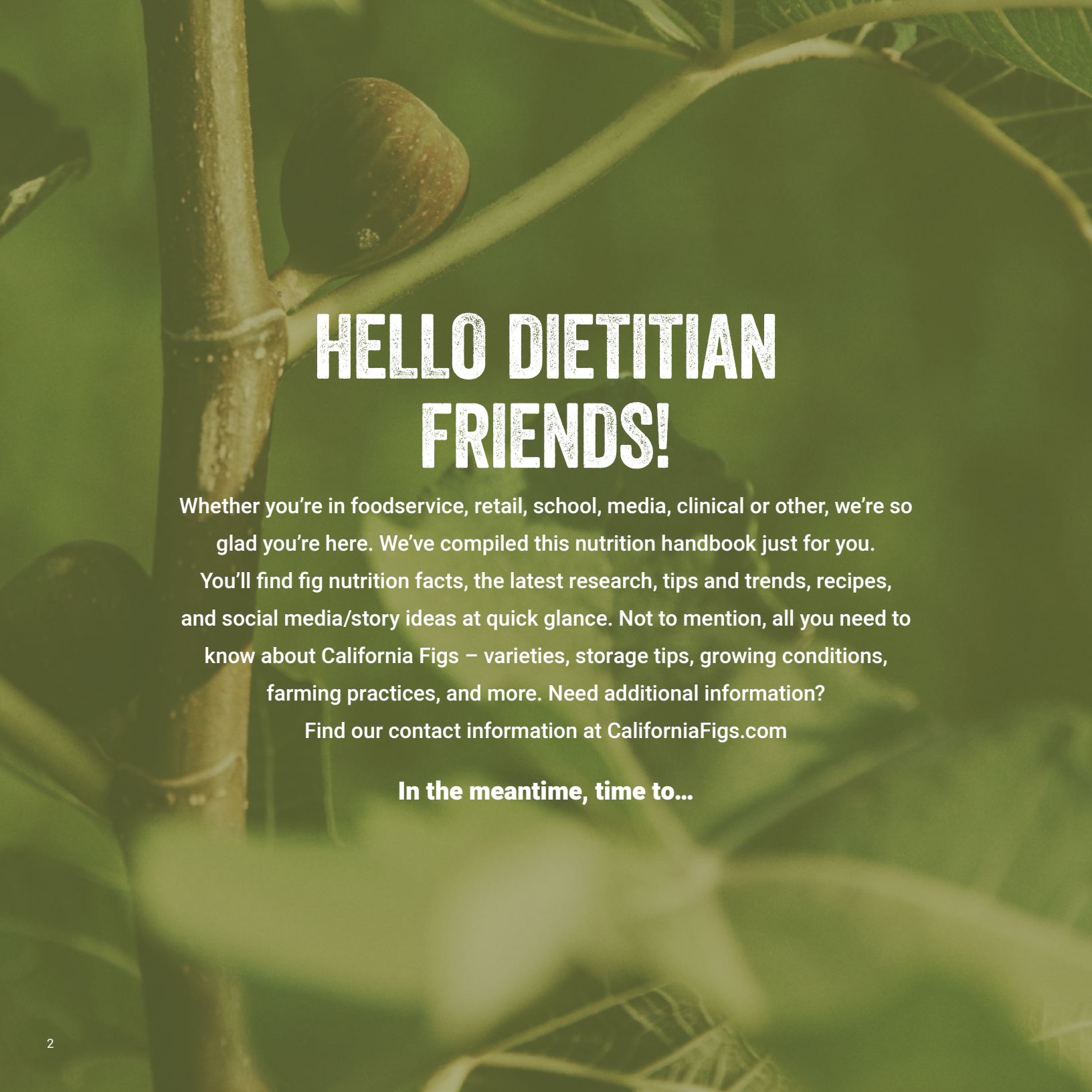
CALIF^oRNIA

FIGS



NUTRITION HANDBOOK





HELLO DIETITIAN FRIENDS!

Whether you're in foodservice, retail, school, media, clinical or other, we're so glad you're here. We've compiled this nutrition handbook just for you.

You'll find fig nutrition facts, the latest research, tips and trends, recipes, and social media/story ideas at quick glance. Not to mention, all you need to know about California Figs – varieties, storage tips, growing conditions, farming practices, and more. Need additional information?

Find our contact information at CaliforniaFigs.com

In the meantime, time to...

GET FIGGY WITH IT

Figs are trending! Figs have been around for centuries (hello bible references!) but the ancient fruit is finally having its moment. That's because chefs, nutritionists, and consumers are discovering their unique flavor and powerful nutritional and functional benefits. From fig-flavored products in the snack aisle to beautiful fresh figs in the produce section, figs seem to be everywhere these days, and we're not mad about it. Read on to learn more!

WHAT IS A FIG?

Fun fact: A fig is actually an inverted flower. *Ficus Carica*, more commonly known as fig, is a species of flowering plant in the mulberry family. So, the fig is actually a syconium, which is an inverted flower, or a flower that is outside-in. The fruit from the fig tree is an inflorescence, which means the flesh of the fruit is just the tiny flowers of the tree that have bloomed and fruited within the skin of the fig.

HISTORY OF FIGS

***Ficus Carica* is most likely indigenous to Asia Minor, the cradle of civilization.** From there, it developed and became widely cultivated throughout the Mediterranean region and throughout the world. Figs are mentioned in the Bible more than 50 times. The benefits of figs and their flavor make them a favorite food ingredient in many cultures throughout the world. Spaniards brought figs to America in the 1500s. The name "Mission" was given to those first dark purple figs that were introduced to the New World by Spanish and Portuguese missionaries and spread from San Diego up the coast to Santa Clara, Ventura, and Sonoma in the 1700s.



CALIFORNIA FIGS



NOT ALL FIGS ARE CREATED EQUAL!

Today, 100% of the commercially grown fresh and dried figs in the U.S. come from California. California has the perfect climate for growing figs. Our farmers are passionate and take the utmost care in growing and harvesting the most sustainable, delicious fruit. Over 100 producers, marketers, farm managers, and processors of California Figs farm 9,000 acres, mostly in and around the cities of Madera, Fresno, and Merced. This area is rich with full sunlight, warm temperatures, and well-draining soil; everything figs need to thrive, producing the sweetest, plumpest fruit imaginable.

There are a surprising number of fig varieties grown in California. Each has its own size, shape, exterior hue, interior color and texture, and flavor which makes figs even that much more interesting! There is so much to explore and so many ways to use them. The main types you'll find at most major grocery retailers are:

BROWN TURKEY

The light purple to black skin of the Brown Turkey can sometimes show flecks of green that blends into the purple and a light pink inside. We think one of the best ways to describe a fig is to use wine for comparison. The Brown Turkey has a robust flavor like a Pinot Noir. They are available only fresh, mid-July through November.

CONADRIA

The skin of a Conadria is a soft yellow-green with an amber flesh. Its flavor is exceptionally sweet with a light honeyed brightness, often compared to a delicate dessert wine. This variety is grown primarily for dried use and is available year-round. Look for "Golden" on dried packaging.

EMERALD

With a light flavor that resembles a creamy, crème-brûlée-like flavor, the Emerald fig has a light green skin with a soft pink interior. They are available fresh mid-July through November and dried year-round.

MISSION

These figs have a dark purple and black skin, a light pink interior, and a deep earthy flavor. The Mission is a lot like a Cabernet. They are available fresh mid-May through November and dried year-round.

SIERRA

The skin of a Sierra is a beautiful pale green and pale pink interior. Its fresh, sweet flavor is like a Riesling. This variety is available fresh mid-July through November and dried year-round. Look for "Golden" on dried packaging.

TENA

The Tena fig has a pale, yellow skin with a light brown interior. They are akin to a Chardonnay. Tenas are grown for dried production only and available year-round. Look for "Golden" on dried packaging.

TIGER

These figs have a striking skin that is light yellow with dark green stripes and a bright red-purple interior. The fruity, raspberry, citrus flavor will make you think of a Sparkling Rosé. They are available only fresh, mid-July through November.



EMERALD

BROWN TURKEY

SIERRA

MISSION (DRIED)

MISSION

TIGER

CONADRIA, SIERRA
OR TENA (DRIED)

FIG NUTRITION FACTS



SERVING SIZE

Just 3-5 dried (1/4 cup; 40 grams) or fresh (1 cup; 150 grams) California Figs count as one fruit serving.

According to the Dietary Guidelines for Americans, 2025-2030, current intake patterns are often below the recommended levels for vegetables, fruits, dairy, and healthy oils. The guidelines emphasize whole, nutrient-dense foods and limit highly processed foods, added sugars, and refined carbohydrates. (<http://DGA.pdf>)

California Figs are a nutrient-dense fruit and an easy way to add a serving of fruit to reach the daily recommendation of 1.5 to 2 servings of fruit per day.

NATURALLY SWEET

Figs add sweetness and flavor without additional sugar. This is important when dietary guidance around the world suggests that the consumption of added sweeteners be reduced. California Figs are an all-natural energy source, perfect for an afternoon snack or a quick pick-me-up before a game or workout. Figs are also a good substitution when looking to reduce sugar in baking.

FIBER UP WITH FIGS

California Figs are a rich source of dietary fiber, including both soluble and insoluble fiber, with fresh figs being an excellent source (25% daily value) and dried figs being a good source (18% daily value). Soluble fiber may help to control blood glucose and cholesterol levels and provide a feeling of satiety, and insoluble fibers have a laxative effect.

Adequate dietary fiber as a part of an overall healthy diet helps maintain healthy blood glucose and cholesterol levels and supports heart, digestive and colonic health (Anderson et al, 2009).

CALCIUM

Looking for a non-dairy calcium source? A 1/2 cup dried figs provides 71mg (6% DV) and 1 cup fresh figs provides 108mg (8% DV) in calcium content!

POTASSIUM

The Dietary Guidelines for Americans cites potassium as a nutrient of concern because many people don't consume enough. Potassium helps maintain normal blood pressure by blunting sodium's effect on it.

SOURCES OF POTASSIUM:

- 1 medium banana 422 mg
- 1 cup fat-free milk 366 mg
- 1 serving dried figs 312 mg
- 1 serving of fresh figs 307 mg
- 1 ounce almonds 208 mg

PHYTONUTRIENTS

Figs are rich in phytonutrients, natural compounds found in plants, which may boost immunity, slow aging and prevent or reduce the risk for chronic diseases.

OTHER NUTRIENTS

California Figs outrank most fruits when comparing calcium, iron, magnesium, phosphorus, copper, manganese and other important minerals.

HEALTHY DIETS

Analysis of the U.S. NHANES database shows that people who eat dried fruit have lower body weights and better intakes of nearly all nutrients. Figs are an ancient food and are naturally part of the healthy Mediterranean diet. Research has validated that the Mediterranean diet – including generous amounts of fruits and vegetables – is associated with improved health and decreased risk of chronic disease. Scientific studies of the Mediterranean diet are found at <https://oldwayspt.org/for-professionals/health-studies/>.

Nutrition Facts	
servings per container	
Serving size	(40g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 1mg	6%
Potassium 312mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

DRIED

Nutrition Facts	
servings per container	
Serving size	(150g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 1mg	6%
Potassium 307mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FRESH

FIG RESEARCH

Health research on figs has been ongoing for more than 20 years (and deserving more!) and points to figs providing meaningful benefits for cardiovascular, gut, metabolic, cognitive health and more.



Figs are a nutrient-rich fruit. They rank high as a source of soluble fiber, calcium, potassium and magnesium, and are a delicious way to increase the diversity of bioactive phytochemicals in the diet.

COMPARISON OF FOOD SOURCES RICH IN SOLUBLE FIBER (PER 100 G)

	Energy kcal	Carbohydrate	Sugar	Fiber	Pectin
Figs, dried, uncooked	249	63.9	47.9	9.8	2.8
Corn Flakes	361	87.1	10.5	0.7	2.5
Carrots, raw	52	12	6	4	0.8
Apple, fresh	49	16	3.3	3	0.5
Apricots, dried	55	62	41.7	7	0.7
Lentils	116	20.1	1.8	7.9	0.4
Peaches, fresh	50	9	9	1.5	0.7
Prunes, dried	339	62.7	25	7	1.8
Orange, fresh	64	16	13	3	2.6



Dried fruit eaters (7.2% of adults) had higher quality diets than non-consumers, lower BMI, waist circumference, and systolic blood pressure.

(Sullivan et al, Consumption of Dried Fruits Is Associated with Greater Intakes of Underconsumed Nutrients, Higher Total Energy Intakes, and Better Diet Quality in US Adults: A Cross-Sectional Analysis of the National Health and Nutrition Examination Survey, 2007-2016. J Acad Nutr Diet 2021, 121 (7). <https://doi.org/10.1016/j.jand.2020.08.085>)



Numerous studies point to the benefit of figs on diabetes. One study in particular found that a fig extract decreased blood glucose levels significantly in people with T2DM, a change half that of the diabetes medication metformin.

(Shah et al, Diabetes Mellitus Can Be Treated and Prevented by Figs. International Journal of Research in Pharmacy and Biosciences 2019, 6 (2), 33-36). <https://pmc.ncbi.nlm.nih.gov/articles/PMC11414330/>)



Absciscic acid (ABA) is a plant hormone found in avocados, figs and other fruits. ABA shows promise in glucose homeostasis. One study found that fig fruit extracts (FFE) significantly reduced postprandial glycemia.

(Atkinson et al, Absciscic Acid Standardized Fig (Ficus Carica) Extracts Ameliorate Postprandial Glycemic and Insulinemic Responses in Healthy Adults. *Nutrients* 2019, 11 (8). <https://www.mdpi.com/2072-6643/11/8/1757>)



Figs are rich in bioactive compounds, including flavonoids, phenolic acids, carotenoids and tocopherols, which have health promoting qualities that impact overall health. A recent literature review on this topic was published and looks at studies from the last 20 years.

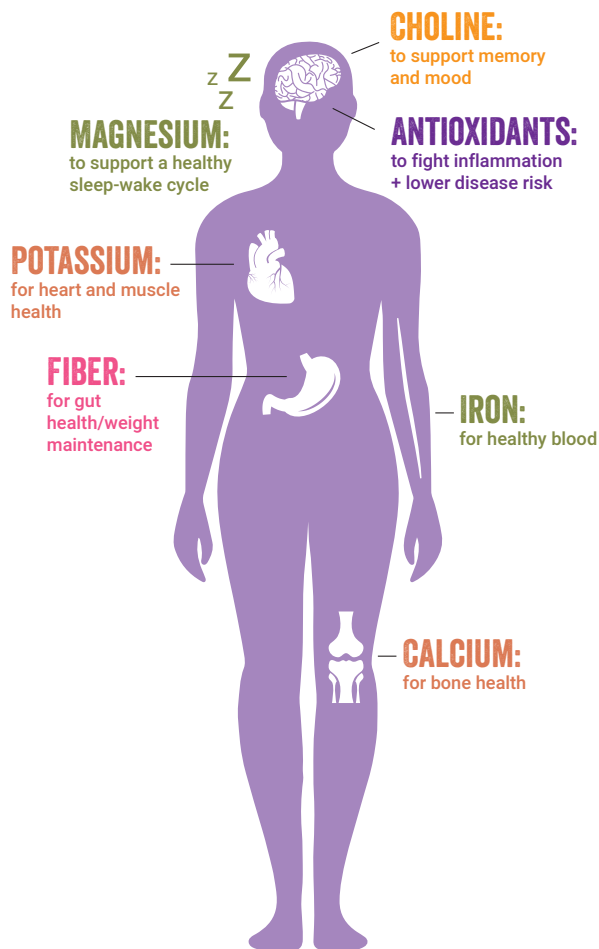
(Sandhu et al, Phytochemical Composition and Health Benefits of Figs (fresh and dried): A Review of Literature from 2000 to 2022. *Nutrients* 2023, 15 (11). <https://www.mdpi.com/2072-6643/15/11/2623>)



Emerging areas of fig research include brain/cognitive health and gut health.



The Whole-Body Benefits of Figs



TIPS AND TRICKS

FRESH FIGS - SEASONAL

Look for California Fresh Figs in major grocery stores May-November, and, when you see them, buy them! These seasonal delicacies are sweet and delicious.

When promoting California Fresh Figs, here are a few helpful selection and storage tips:

- They are fragile and bruise easily so handle carefully.
- Select plump, fragrant figs that have a little give when touched.
- The fruit should be soft and yielding to the touch, but not mushy.
- Use your nose. Smell the fruit. If it smells slightly sour, it has already begun to ferment. When figs get beyond their prime, they begin to collapse inward and lose their round shape.
- Fresh figs should be refrigerated as soon as possible and stored up to 7 days.
- To prevent bruising, arrange figs in a single layer on paper towels or on paper liners.
- No need to peel, just take a bite and enjoy the colorful, sweet flesh inside!
- Fresh Figs can be frozen. Just clean and freeze in a single layer on a baking sheet. Then, pack into self-closing plastic bags for up to 6 months.



DRIED FIGS - ALWAYS IN SEASON

California Dried Figs are available year-round.

You can find them most often at any major grocery retailer in the dried fruit aisle. They come in a variety of packaging or in bulk. They can also be found in the produce section.

California Dried Figs are considered a pantry staple (shelf-stable for up to six months!) by many for a number of reasons. They are a satisfyingly sweet snack all on their own but they can also be a secret ingredient in sauces, salads and more, adding texture, flavor and nutrition.

There are two primary varieties of California Dried Figs you'll find in grocery stores – Mission Figs and Golden Figs:

California Dried Mission Figs are signature to California. Spanish missionaries planted figs in the San Diego area back in the 1700s, and they've flourished in California ever since. When Mission Figs are blended with savory ingredients, such as salt, cocoa and spices, figs can produce a “meaty” flavor that has a smoky, almost steak-like aroma and taste.

California Dried Golden Figs are the generic term for a number of number of light-colored varieties, including Conadria, Sierra and Tena, among others. Some packages will have the variety noted but more often you'll see California Golden Figs which means you'll get a nutty and buttery fig flavor. Golden Figs blend well with more aromatic ingredients, such as lavender, pine nuts and fennel, and pair well with roasted chicken, fish or pork.



20 TASTY WAYS

1. Make meal-prep easy. Keep chopped dried figs in your fridge for a naturally sweet addition to overnight oats, salads, grains and baked goods.

2. Add dried or fresh figs to elevate your cheese plate. Add a homemade fig jam to really put it over the top!

3. Poached fresh figs infused with citrus, port wine, and spices are divine over a honey whipped cream. Is your mouth watering yet?

4. Skewer fresh figs in between your favorite protein (figs work well with beef, chicken, lamb, or pork!) and veggies for an exceptional twist on a grilled kebab.

5. Boil figs with chilis, cocoa, onion, garlic, and bay leaf and then puree for an out of this world steak sauce.

6. Fig Toast is the new Avocado Toast! Smash fresh figs on top of your favorite nut butter for a great start to your morning or for a snack.

7. Dip figs in chocolate! Think strawberries are good? Chocolate-dipped figs (plus a little sea salt) are “chef’s kiss.”

8. Need the perfect go-to salad dressing? Blend plumped dried figs, balsamic vinegar, olive oil, water, and salt until smooth. Voila!

9. Slice fresh figs in half, sprinkle very lightly with sugar and sear in an oil-coated skillet for about 2 minutes. Layer bruleed figs on top of a baguette and brie slice – so simple and so delicious!

10. Add diced figs to nuts and chocolate to change up your trail mix.

TO USE FIGS



11. Ever tried a grilled fig pop? Picture bacon, jalapeno, and fontina in between dried fig halves on a stick. Yum!!!

12. Make figs your chili champion! Diced dried figs add sweetness and texture.

13. Toss fresh or dried figs into salads. Better yet, layer them into a mason jar salad for awesome presentation and taste.

14. Add diced fresh figs to your homemade salsa for a boost of flavor and fiber.

15. Wedge a walnut piece and slice of ginger into a dried fig for a satisfying snack.

16. Add diced dried figs to your burgers. Figs add moisture and flavor for a new twist on your favorite summertime staple.

17. An elegant and easy appetizer is broiled gorgonzola-stuffed figs wrapped in prosciutto. Try fresh or dried figs!

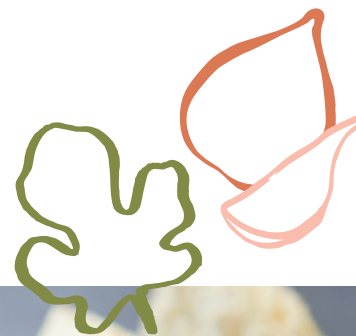
18. Secret sauce? You bet! Add diced figs to tomato sauce for wonderful sweet flavor and added texture.

19. Fresh figs caramelize into sweet goodness in the pizza oven. Seriously, figs are the pizza topping you can't live without!

20. Layer in dried or fresh figs for a gourmet grilled cheese!



CALIFORNIA FIG RECIPES



SPICY CALIFORNIA FIG AND TOMATO SALSA

Serves 4 to 6

Preparation time: 10 minutes

INGREDIENTS

1 package (10 ounces)
grape tomatoes*

1/4 cup chopped
white onion

1 serrano chile, chopped
(use only 1/2 for less heat)

1/2 cup chopped
fresh cilantro

1 tablespoon fresh
lime juice

2 California Fresh Figs,
stems removed and
finely chopped

1/4 teaspoon fine sea salt

Combine the grape tomatoes, onion, serrano chile, cilantro, and lime juice in a blender. Pulse and blend to produce a chunky salsa-like texture. If the salsa does not blend, add a little water to start the process.

Transfer the puree to a bowl. Stir in the finely chopped figs and the salt and serve.

*10 ounces of another ripe tomato may be used. Roughly chop before adding to the blender.





CALIFORNIA FIG AND COCONUT OVERNIGHT OATS

Serves 1

Preparation time: 5 minutes, plus overnight in the fridge

INGREDIENTS

1/2 cup old-fashioned rolled oats

1/2 cup light coconut milk

1/3 cup plain low-fat yogurt

1 tablespoon chia seeds

2 teaspoons pure maple syrup

2 California Dried Figs, stems removed and chopped

1 tablespoon unsweetened shredded coconut

Optional garnish: 1/2 California Dried Fig, 1 teaspoon unsweetened shredded coconut

Put the oats, milk, yogurt, chia seeds, maple syrup, figs, and coconut into a 12-ounce jar or cereal bowl. Stir well. Cover and store in the refrigerator overnight.

Stir again just before serving and top with optional garnishes.



CALIFORNIA FIG AND FARRO SALAD

with Arugula and Feta

Serves 6 | Preparation time: 10 minutes

Cooking time: 30 minutes

INGREDIENTS

1 cup semi-pearled farro	1/2 teaspoon fine sea salt
2 cups water	1/4 teaspoon black pepper
2 tablespoons fresh lemon juice	1/4 heaping teaspoon dried turmeric
2 tablespoons extra virgin olive oil	3/4 cup chopped California Dried Figs
1 tablespoon red wine vinegar	2 cups arugula, gently packed
1 medium shallot, minced (about 2 tablespoons)	2 ounces feta cheese (about 1/2 cup crumbled)
1 teaspoon Dijon mustard	

Put the farro and water in a medium saucepan and bring to a boil over high heat. Lower heat until the water simmers, put on the lid, and cook until the farro is tender, about 25 minutes. Remove from heat and let rest, covered, for 10 minutes.

In a large bowl, whisk together the lemon juice, olive oil, red wine vinegar, shallot, mustard, salt, pepper, and turmeric. Add the cooked farro, figs, and arugula and toss well. Crumble the feta over the top and toss again. Serve warm or at room temperature.



STORY AND SOCIAL IDEAS



Easy, tasty ways to get more fiber

Why you need to rethink dried fruit
(not high in sugar, tasty, etc.)

The surprising benefits of this pantry
staple (highlighting health benefits of
eating dried fruit)

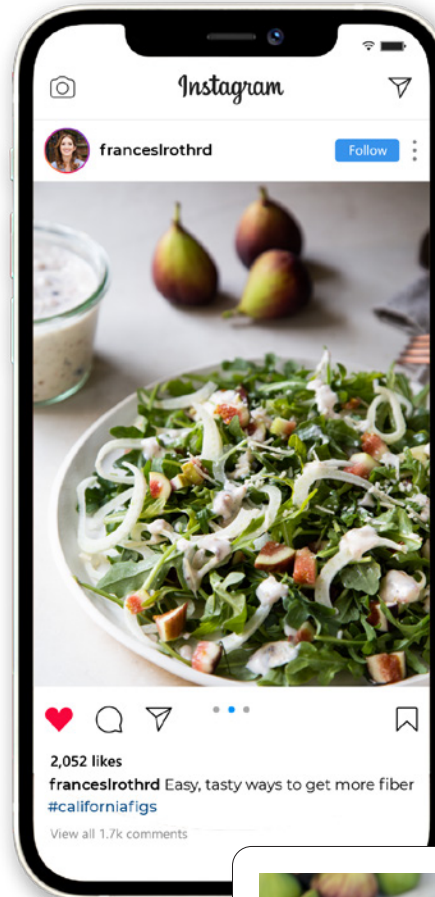
Recipes for getting a jump on fiber in
the morning

Drop your risk of heart disease by adding
this one food daily

Why variety really is the spice of life

Why you should eat more of this
Med Diet superstar

Add this fruit to your
post-workout smoothie



Why variety really is the
spice of life



Frances Largeman-Roth is a Registered Dietitian Nutritionist, a *New York Times* best selling author and nationally recognized nutrition and wellness expert. Frances is the author of *Feed the Belly: The Pregnant Mom's Healthy Eating Guide*, *Eating In Color: Delicious, Healthy Recipes for You and Your Family* and *Everyday Snack Tray*. She is also the co-author of the bestselling *The CarbLovers Diet*.

Frances is a contributor to several publications, including *Today*, *Real Simple*, *SheKnows* and *Shape*. She has appeared on numerous national TV shows, including The Today Show, The Dr. Oz Show, The Rachael Ray Show, Good Morning America, Access Hollywood Live, QVC and CNN. She received her undergraduate degree at Cornell University and completed her dietetic internship at Columbia.

Frances is a mother of four and recently welcomed a baby at age 50 using IVF with a donor egg. Frances encourages women to take control of their health, fertility and longevity by eating well and staying active and encourages “positive nutrition” for overall mind/body health. Frances lives with her family in Dobbs Ferry, NY. To learn more, visit her **website**, or follow her on **Instagram**.

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