**Nutrition Security of Date Palm Fruit: an empirical analysis for Al Ahsa region in Saudi Arabia**

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**Abstract**

Date palm (Phoenix dactylifera L.) is recognized since ancient era in Arab region, particularly in Saudi Arabia. In last decade, the consumption of dates increased worldwide. This study was conducted in AlHassa region in Saudi Arabia. The searchs in the nutrition security of dates in Saudi Arabia are rear. Majority of people imagine that the date will increased their weight because of high sugars contents in their fruits. This study aims to estimate and analyze the relationship between date consumption and nutrients indices in addition to age and BMI factors. The study heavily relied on primary data in addition to supportive secondary data was also collected. Multi-stratified sample technique was conducted using structured questionnaires. The questionnaires were distributed among the households’ members in the region. The target groups were divided into 3 categories based on the age factor. The main results obtained from the study revealed that the mean comparisons of the date fruits consumption between categories was significantly different. The study examined that the consumption of dates by adolescent and adults was significantly more than that in children. Furthermore, in comparing with nutrients incidences was significantly higher in adolescents and adults and less in children. However, the magnesium index was lower. In addition, the study results predicted that the consumption of dates increased in young person in compered with old one. Moreover, the consumption of dates increased by increasing BMI. The study concluded that the consumption of dates had minor effect on the weight and the consumption of dates is not responsible for increasing BMI or it has a neglected effect in gaining weight.

**Key words:** Date Palm, Nutrition security, Saudi, Adolescent, Adult, Consumption