

Can dehydrated fruit completely replace fresh fruit

Detail Introduction :

Take freeze-dried fruit, which is the closest to fresh fruit, for example. Even if it does not contain any preservatives, its appearance and volume are almost the same as those of fresh fruit. However, because freeze-dried fruit has removed most of the water contained, the sugar is enriched, so the calories are increased several times. If it is dehydrated dried fruit with additional sugar, oil, salt, and other ingredients, the nutrition will be greatly reduced. For example, low-temperature fried fruit and vegetable chips contain a lot of fat. The fat content of fresh fruits and vegetables is usually less than 1%, but the fat content of fruit and vegetable chips can be as high as 10% to 20%. Coupled with a large amount of sugar concentrated after drying, if you eat too much, it will increase the risk of obesity. Therefore, in terms of nutritional value and deliciousness, the nutrition of any fruit product cannot be compared with fresh fruit.

When eating dried fruit, it is recommended to choose products without additional added sugar (such as white sugar, maltose syrup), oil, salt, and any food additives.

If you eat fruit and vegetable chips, it is recommended to choose non-fried technology, such as freeze-dried. You can also look at the ingredient list. There is vegetable oil in the ingredient list for fried fruit and vegetable chips, but not for freeze-dried chips.

It is recommended not to consume more than 30 grams of dried fruit per day to avoid excessive calorie intake. Therefore, children, the elderly, obese, and diabetic patients should choose sugar-free fruit products carefully.