

# Freeze-dried food introduction

## Detail Introduction :

FD freeze-dried food, which started in the aerospace era of the last century, places the frozen food in a vacuum environment and radiates heat through a heat medium to dehydrate and dry the food. Whether dehydrated, whether through high temperature or low temperature, has a very obvious difference on the food's nutrition, flavor, and texture. Food will lose some nutrients after high temperatures, and the taste and flavor will also be affected to a certain extent.

Therefore, compared with other production processes, the production process of FD freeze-drying does not change the physical and chemical structure of the food, so the nutrients are kept very intact.

In an article by Mother Jones in the United States, Gary Stoner, a professor of medicine at the Medical Center of Wisconsin, found that freeze-dried berries retain 90 percent of their anthocyanins. According to Dr. David Barrett, a food science and technology expert at the University of California, Davis, freeze-dried foods, when rehydrated, have similar nutritional value to fresh foods. The difference between FD freeze-dried food and other dehydrated food is whether it retains the complete nutrition, flavor, and taste as much as possible. Freeze-drying technology is considered a high-end production process in the industry because of its high production cost and because FD freeze-dried food is higher-end than other foods.

Using FD freeze-drying technology, our common pet food is more expensive than other pet food, and freeze-dried instant noodles are also more expensive than fried instant noodles.

In the past, although the domestic supply chain of FD freeze-dried food was very mature, most of the products were exported to foreign countries. In Asia, Japan is the largest exporter of freeze-dried food. In addition to the Asian market, the United States and Europe are also there.