

# Freeze-dried fruits and vegetables have become the "new favorite" snacks. Can they replace fresh fruits and vegetables?

## Detail Introduction :

The emergence of freeze-dried fruits and vegetables has made fruit and vegetable snacks possible. This "snack" that turns fruits and vegetables into "snacks" by low-temperature freezing and draining was welcomed by many consumers. But what's the difference between this new snack and regular fruit? What nutrients be missing?

A senior American Food Technology Association member explained that freeze-dried fruits and vegetables formed by quickly freezing ordinary fruits and vegetables at low temperatures, dehydrating and drying them in a vacuum environment. The dehydrated fruit product made by the freeze-drying process does not require refrigeration equipment and can be stored for a long time without deterioration at room temperature.

According to the data, the application of freeze-drying technology to food first appeared on the menu of Apollo lunar astronauts, and the astronauts were the first batch of people to eat freeze-dried food. It gradually entered the public eye because of its lightweight, portability, and crisp taste. Freeze-dried food was originally popular in Japan and the United States, and Japan and the United States are also major countries of freeze-dried food.

In recent years, freeze-dried fruits and vegetables have also been welcomed in China and loved by some consumers who pursue health. Many companies have begun to try to introduce freeze-drying technology. Freeze-dried fruits and vegetables are not much different from fresh fruits and vegetables, retaining most of the nutrients of fruits and vegetables.

But not a substitute for fresh fruit. If you do not have the conditions to eat fresh fruits, you can consider eating freeze-dried fruits and vegetables.

Freeze-dried fruit and vegetable products are generally high in carbohydrates.

After the freeze-dried fruits and vegetables are dehydrated, the sugar content is relatively high. If you pay attention to eating more, it will lead to excessive sugar intake.