

The benefits of fruit and vegetable chips

Detail Introduction :

Fruit and vegetable chips are all kinds of fruit and vegetable chips produced by vacuum frying and dehydration with fruits and vegetables as the main raw materials.



1. It is rich in vitamin B1 and helps glucose metabolism.
2. Grapes can clear the lungs very well. The active ingredients contained in the fruit and vegetable chips increase the cell metabolism rate and help the lung cells detoxify. In addition, grapes also have an expectorant effect.
3. People who often eat fresh dates rarely suffer from gallstones. This is because the rich vitamin C in dates converts excess cholesterol in the body into bile acids.
4. Jujube is rich in calcium and iron, which play an important role in the prevention and treatment of osteoporosis and anemia. Jujube will have a very ideal therapeutic effect on them, and its effect is unmatched by drugs.
5. In addition to the nutrients we know, fruits are also rich in a large number of natural plant compounds. These substances can regulate the activity of detoxification enzymes, improve hormone metabolism, have antibacterial and antiviral abilities, and play a role in delaying aging. Such as: kiwi crisps. It is rich in nutrients such as vitamins A, C, E, and trace elements needed by the human body, especially the amino acids it contains, which can help the human body manufacture hormones and slow down aging.