

Unexpected health benefits of dried fruit

Detail Introduction :

Dried fruit is rich in dietary fiber and easy to digest; its value is no less than fresh fruit. The main thing is portable and easy to store.

You can eat all the fiber of the peel. When eating fruit, people often have to spit and peel the skin. Otherwise it isn't easy to swallow. The content of dietary fiber in the peel is the highest. After drying, the dietary fiber is completely unaffected and retained. There is no fiber waste because raisins can only be eaten with the peel. There is no risk of proteases and unpolymerized tannins harming the digestive tract. Fresh fruits often contain more active proteases and tannins. Don't think that enzymes (enzymes) only have good effects. Tannins have strong antioxidant effects. People with indigestion are also quite ferocious in the destruction of the mucosa of the digestive tract.

Once the fruit is dried, the proteases are inactivated, the tannins are polymerized, and the irritation to the digestive tract is greatly reduced. For the elderly with indigestion and fear of cold, dried fruit can be used as a supplementary source of fruit nutrition.