

What is the difference between dried fruit and fruit

Detail Introduction :

Real dried fruit is a product made from the fruit through a drying process. Neither sugar nor salt is added during the production process, and no fragrance, coloring, preservatives, etc., are involved. Therefore, dried fruit is a natural food.

This drying process will concentrate the sugar, protein, fat, and minerals in the fruit and dietary fiber. It also retains some antioxidants and vitamins that are not afraid of heat. Only vitamin C and vitamin B1 nutrients are slightly reduced. Therefore, natural dried fruits such as raisins, dried mangoes, dried apricots, dried figs, and others can help the body supplement minerals such as potassium and calcium and dietary fiber, especially suitable for consumption in summer when sweating a lot.

Dried fruit is higher in sugar and calories than fruit, so it can only be used as a snack in small amounts and cannot substitute for fresh fruit.