

Conference Abstract

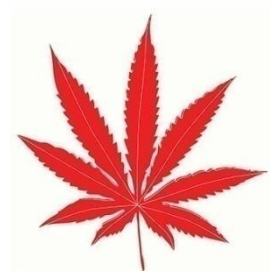
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Conference Abstract

NUTRITIONAL SIGNIFICANCE AND BENEFICIAL EFFECTS OF DRIED FRUITS

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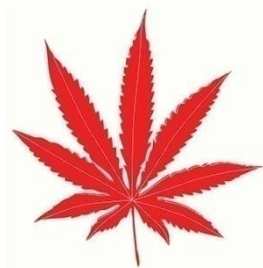
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ABSTRACT

Dried fruits have almost all the water contents removed by drying process, done through several drying processes such as sun drying or use of dryers and special dehydrators. Drying processes produce shrunken and energy rich fruits full of essential nutrients. The fruits shrink during these processes, leaving small, energy-dense dried fruits. Dried fruits are the rich source of proteins, minerals, vitamins, dietary fibers and an ideal substitute for high-calorie snacks. Dry fruits can be categorized as essential foods as these foods keep the body healthy and fresh. Dry fruits show diversities such as almonds, cashew nuts, dates, walnuts and the many others which are full of essential nutrients required to the body. Essential nutrients present in dry fruits may be different minerals, enzymes, fibers and vitamins. Essential nutrients obtained from the dry fruits prevent us from different health problems that can have bad health impacts. The balanced used of dried fruits prevent all type of harms occurring to the body by improving body health and preventing the body from different health affecting diseases.



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