

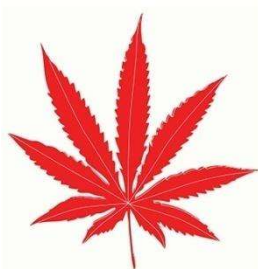


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

NUTRITIONAL VALUE OF DRY FRUITS AND NUTS

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Abstract

Nuts and dried fruits are packed with nutrients that offer many health benefits for all. For underweight or physical activity, consume at least 50 g to 100 g, preferably soaked or dried. It should be taken early in the morning on an empty stomach or during the day in a mixture. Some people eat it in the afternoon, eat it between 3-4pm (after lunch), or add dessert. Students and athletes should consume enough calories from nuts and dried fruits before and after exercise to maintain their energy. And aroma to smoothly speed up the entire digestive process. According to various studies, each process takes an average of 2-3 hours.

Keywords: Dry fruits, Dried, Health, Benefits

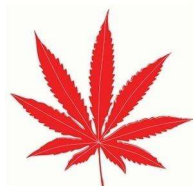
Declaration

The abstract is reviewed and accepted by the Conference Organization Committee of 11th Pak Pharma Healthcare Expo. The presenter was permitted to share his research after final approval of the committee. The scientific research information was presented at 3rd Pakistan Food -Nutrition International Summit 2022 held on December 21-22, 2022 at Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan. Hence, the journal is publishing this abstract on behalf of the aforesaid Conference Organization Committee.

Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.



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