

Dried Fruits

Dried fruits are a light, tasty, and fairly popular snack; are as varied as the fruits from which they are made; and include raisins, prunes, dried bananas, and dried apples. Because of the treatment to displace the water from the fruit, the sugar is consolidated in the fruit's flesh, which remains full of vitamins and fibre, although the vitamin C content is lower than in fresh fruit. By weight, dried fruits contain 3.5 times more vitamins and minerals than fresh fruits, and some contain large amounts of antioxidants – nutrients commonly found in beans and green tea. They are an amazing energy supplement for refreshing both the body and the mind, and they offer many health benefits, such as reducing the likelihood of cell damage and disease.

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Dried fruit has a positive effect on health if consumed in reasonable portions, but, because dried fruits are small and easy to eat, consuming large quantities in a short period is not uncommon. The intake of too much sugar is problematic and risks weight gain, gut cramps, embarrassing bloating, and even diabetes.

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What kind of fruit is dried to make raisins?

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Which vitamin might be decreased when fruit is dried?

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Where else are antioxidants commonly found?