

Healthy Dry Fruits

Monique Simmonds,Victor R. Preedy

Health Benefits of Nuts and Dried Fruits Cesarettin Alasalvar, Jordi Salas-Salvado, Emilio Ros, Joan Sabate, 2020-02-06 Nuts and dried fruits are part of our daily diet. They are consumed whole or as ingredients of many food products such as muffins, cereals, chocolates, energy bars, breads, and cookies, among others. Health Benefits of Nuts and Dried Fruits provides a comprehensive overview of the literature on the health benefits of nuts and dried fruits. The book summarizes the current state of knowledge in key research areas and provides ideas for future scientific research and product development. Nuts, a term that comprises tree nuts and peanuts, are highly nutritious, containing health-promoting macronutrients, micronutrients, vitamins, and bioactive phytochemicals; they are one of the edible foods with the highest content in antioxidants. The consumption of nuts is recognized for its health-promoting properties, which ranges from a consistent cholesterol-lowering effect in clinical trials to a robust association with reduced risk of cardiovascular disease and all-cause mortality in prospective studies. In spite of the high energy content of nuts, there is no evidence that their frequent consumption promotes obesity, and they may even help control it. Dried fruits, which serve as important healthful snacks worldwide, are nutritionally equivalent to fresh fruits while providing all of their bioactive components in concentrated form. While the evidence level concerning the health effects of dried fruits lags behind that on nuts, it suggests that individuals who consume dried fruits regularly have a lower risk of cardiovascular disease, obesity, and other non-communicable diseases. Main features of the book concerning nuts and dried fruits: • Provides detailed information on health effects • Highlights current regulation and health claims • Provides updated dietary recommendations • Describes nutrient absorption and metabolism • Discusses mechanisms implicated in the health effects Although this book is intended primarily as a reference, by comprehensively reviewing the current state of knowledge it can guide future research on the topic. Among others, food scientists, biochemists, nutritionists, health professionals, decision makers, and regulatory agencies can draw much benefit from its contents. Hopefully, it will help in public health strategies to promote healthy aging and improve population wellbeing.

Dried Fruits Fereidoon Shahidi, 2012-12-18 Dried fruits serve as important healthful snack items around the world. They provide a concentrated form of fresh fruits, prepared by different drying techniques. With their unique combination of taste/aroma, essential nutrients, fibre, and phytochemicals or bioactive compounds, dried fruits are convenient for healthy eating and can bridge the gap between recommended intake of fruits and actual consumption. Dried fruits are nutritionally equivalent to fresh fruits, in smaller serving sizes, in the current dietary recommendations of various countries. Scientific evidence suggests that individuals who regularly consume generous amounts of dried fruits have lower rates of cardiovascular disease, obesity, various types of cancer, type-2 diabetes, and other chronic diseases. Dried fruits also have the advantage of being easy to store and distribute, available around the year, readily incorporated into other foods and recipes, and present a healthy alternative to salty or sugary snacks. Dried Fruits: Phytochemicals and Health Effects is divided into three sections preceded by introductory chapters that provide an overview of dried fruits (their composition, phytochemicals and health applications) as well as the cancer chemopreventive effects of selected dried fruits (amla fruits or Indian gooseberries, avocados, berries, mangoes, mangosteens, persimmons, prunes, raisins, kiwi fruits, and other dried fruits). The first section covers the most popular dried berries (blackberries, blackcurrants, blueberries, cranberries, gojiberries, mulberries, raspberries, and strawberries); the second section discusses non-tropical dried fruits (apples, apricots, cherries, citrus fruits, figs, nectarines, peaches, pears, prunes, and raisins); and the final section addresses tropical dried fruits (açai fruits, bananas, dates, guavas, papayas, mangoes, passion fruits, and pineapples). Contributors to this volume are internationally renowned researchers who have provided a comprehensive account of the global perspectives of the issues relating to phytochemicals and health effects of dried fruits. The book will serve as a resource for those interested in the potential application of new developments in dried fruits' nutraceuticals and functional foods. Biochemists, chemists, food scientists/technologists, nutritionists, and health professionals, from academia, government laboratories, and industry will benefit from this publication. Although this book is intended primarily as a reference book, it also summarises the current state of knowledge in key research areas and contains ideas for future work. In addition, it provides easy to read text suitable for teaching senior undergraduate and post-graduate students.

Health Benefits of Nuts and Dried Fruits Cesarettin Alasalvar, Jordi Salas-Salvado, Emilio Ros, Joan Sabate, 2020-02-06 Nuts and dried fruits are part of our daily diet. They are consumed whole or as ingredients of many food products such as muffins, cereals, chocolates, energy bars, breads, and cookies, among others. Health Benefits of Nuts and Dried Fruits provides a comprehensive overview of the literature on the health benefits of nuts and dried fruits. The book summarizes the current state of knowledge in key research areas and provides ideas for future scientific research and product development. Nuts, a term that comprises tree nuts and peanuts, are highly nutritious, containing health-promoting macronutrients, micronutrients, vitamins, and bioactive phytochemicals; they are one of the edible foods with the highest content in antioxidants. The consumption of nuts is recognized for its health-promoting properties, which ranges from a consistent cholesterol-lowering effect in clinical trials to a robust association with reduced risk of cardiovascular disease and all-cause mortality in prospective studies. In spite of the high energy content of nuts, there is no evidence that their frequent consumption promotes obesity, and they may even help control it. Dried fruits, which serve as important healthful snacks worldwide, are nutritionally equivalent to fresh fruits while providing all of their bioactive components in concentrated form. While the evidence level concerning the health effects of dried fruits lags behind that on nuts, it suggests that individuals who consume dried fruits regularly have a lower risk of cardiovascular disease, obesity, and other non-communicable diseases. Main features of the book concerning nuts and dried fruits: • Provides detailed information on health effects • Highlights current regulation and health claims • Provides updated dietary recommendations • Describes nutrient absorption and metabolism • Discusses mechanisms implicated in the health effects Although this book is intended primarily as a reference, by comprehensively reviewing the current state of knowledge it can guide future research on the topic. Among others, food scientists, biochemists, nutritionists, health professionals, decision makers, and regulatory agencies can draw much benefit from its contents. Hopefully, it will help in public health strategies to promote healthy aging and improve population wellbeing.

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Christina Cooks Christina Pirello,2004-01-06 Public television cooking show host Christina Pirello is the woman who put the fun back into healthy cooking. In *Christina Cooks* she's responded to the hundreds of questions that her viewers and readers have put to her over the years-with lots of sound, sane advice, hints, tips and techniques-plus loads of great recipes for scrumptious, healthy meals with a Mediterranean flair. A whole foods cookbook, *Christina Cooks* offers inventive ideas for breakfast, special occasions, and what to feed the kids. Chapters include Soups, Breakfast, Kids' Favorites, Beans, Grains, Vegetables, Beverages, and Desserts-Christina addresses popular myths about dairy and protein amongst other often misunderstood ideas about healthful eating.

Fruits and Vegetables Chandra SEKHAR,2018-08-12 PrefaceThis book is brought up in accordance with the subject of FRUITS AND VEGETABLES. In this book, the subject matter is expressed in clear way so that each and every reader can understand the subject easily. In the book, I clearly mentioned the components of nutrients, advantages of Dry fruits, fruits and vegetables with item wise nutrition chart. The main features of the book are simple understanding and key concepts. This book is very helpful to every one's daily life because of everyone needs to eat more fruits and vegetables to promote good health. As part of a well-balanced, regular diet and a healthy, active lifestyle, a high intake of fruit and vegetables can help you to. It is hoped that this will facilitate a better information regarding dry fruits, fruits and vegetables. I welcome any valuable suggestions regarding this book in a better and improved way. Suggestions will be incorporated in the subsequent editions.All the best ...Chandra SekharSri Venkateswara Universitychandrakindle55@gmail.com

The Magic of Dry Fruit and Spices With Healthy Remedies and Tasty Recipes John Davidson,2013-05-15 The Magic of Dry Fruit and Spices With Healthy Remedies and Tasty Recipes Table of Contents Introduction Dates The Hot and Cold Nature of a Date Weight Gain through Dates Date Seeds to Heal Wounds Suffering from Asthma? Multifarious Winter Ailments Cure Cashew Nuts Memory Enhancer Digestive Problems Cashew ice cream How To Make Coconut Cream And Coconut Milk How to Make traditional “Khoya” Cumin Seeds Cumin- water Suffering from Hemorrhoids? Suffering from Mild Fever? Suffering from Infected Skin Ailments – Including Acne? High Blood Pressure Remedy Conclusion Author Bio Introduction Being an avid botanist and herbal knowledge seeker since childhood, and later with a Degree in Natural Sciences, – Botany And Zoology foremost-I was happy to find that most of the plants, which I knew growing in my different gardens or in the woods just outside the boundary wires of our houses, nearly every plant had some medical, culinary or beauty use, coming down from the ages. The first medicinal compendium in the East was written more than 5000 years ago in India and before that, in China. In the West, also Western Wise men , especially in Greece, more than 3000 years ago began noting down the knowledge of the nature of plants and they are medicinal value and remedies, taught to them by their teachers and masters. One blesses the time, dedication, energy and effort taken in writing down all this knowledge, because in prehistoric times, all this knowledge was passed down through word of mouth. And most of it got lost because nobody had any visible and readable records of that knowledge. Butthe moment human beings got to know about writing materials like clay tablets, wax tablets, dried palm leaves and papyri as well as paper in China, this knowledge was preserved for the generations to come. We just needed to interpret it, and use it in the best way of which we knew. Most of this knowledge, when read from a scientific viewpoint is scoffed as quack remedies and sheer silly ignorance. I remember one of my acquaintances scoffing about an ancient Egyptian remedy, in which Egyptian grandmothers used to apply a paste of moldy bread, to a wound in order to cure it. That was done 4000 years ago. My sophisticated 21st-century totally scientifically minded friend shuddered at this idea full of ignorance, but what could you expect from such barbarians. When I told her that this remedy had passed down through the ages and was still in use, to cure infections. In 16th century Russia, every house had a moldy bread culture. Any bread, catching a mold would be put in a glass utensil, in which there was a little bit of water and some more moldy bread. And this culture was allowed to flourish. Anybody suffering from any cuts and wounds were immediately bandaged after the wound was washed, and treated to a moldy bread paste. When I told her that that same moldy bread was the basis of penicillin and other powerful antibiotics, discovered by Alexander Fleming in the 20th century, she blinked. These are the penicillins and sulfa drugs, which are being used by modern-day doctors. In the same way, she was equally surprised to know that the Gauls used to go to war, with huge quantities of fresh moss. The moment they suffered from wounds while fighting those Romans, those Vikings, those Juts, Firbolgs and perhaps even those Picts, -but not the Tuatha Danaan-they immediately scooped up a handful of moss, squeezed it, tied it on to the wound, bandaged it with a piece of any cloth or rope to keep it in place and continued fighting on.

The 80/10/10 Diet Douglas Graham,2012-05-20 Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefitsso well documented by renowned health professionals who also advocate

low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

The Magic of Dry Fruit and Spices with Healthy Remedies and Tasty Recipes Dueep Jyot Singh, John Davidson, 2015-09-28 The Magic of Dry Fruit and Spices With Healthy Remedies and Tasty Recipes Table of Contents Introduction Dates The Hot and Cold Nature of a Date Weight Gain through Dates Date Seeds to Heal Wounds Suffering from Asthma? Multifarious Winter Ailments Cure Cashew Nuts Memory Enhancer Digestive Problems Cashew ice cream How To Make Coconut Cream And Coconut Milk How to Make traditional Khoya Cumin Seeds Cumin- water Suffering from Hemorrhoids? Suffering from Mild Fever? Suffering from Infected Skin Ailments - Including Acne? High Blood Pressure Remedy Conclusion Author Bio Introduction Being an avid botanist and herbal knowledge seeker since childhood, and later with a Degree in Natural Sciences, - Botany And Zoology foremost-I was happy to find that most of the plants, which I knew growing in my different gardens or in the woods just outside the boundary wires of our houses, nearly every plant had some medical, culinary or beauty use, coming down from the ages. The first medicinal compendium in the East was written more than 5000 years ago in India and before that, in China. In the West, also Western Wise men , especially in Greece, more than 3000 years ago began noting down the knowledge of the nature of plants and they are medicinal value and remedies, taught to them by their teachers and masters. One blesses the time, dedication, energy and effort taken in writing down all this knowledge, because in prehistoric times, all this knowledge was passed down through word of mouth. And most of it got lost because nobody had any visible and readable records of that knowledge. But the moment human beings got to know about writing materials like clay tablets, wax tablets, dried palm leaves and papyri as well as paper in China, this knowledge was preserved for the generations to come. We just needed to interpret it, and use it in the best way of which we knew. Most of this knowledge, when read from a scientific viewpoint is scoffed as quack remedies and sheer silly ignorance. I remember one of my acquaintances scoffing about an ancient Egyptian remedy, in which Egyptian grandmothers used to apply a paste of moldy bread, to a wound in order to cure it. That was done 4000 years ago. My sophisticated 21st-century totally scientifically minded friend shuddered at this idea full of ignorance, but what could you expect from such barbarians. When I told her that this remedy had passed down through the ages and was still in use, to cure infections. In 16th century Russia, every house had a moldy bread culture. Any bread, catching a mold would be put in a glass utensil, in which there was a little bit of water and some more moldy bread. And this culture was allowed to flourish. Anybody suffering from any cuts and wounds were immediately bandaged after the wound was washed, and treated to a moldy bread paste. When I told her that that same moldy bread was the basis of penicillin and other powerful antibiotics, discovered by Alexander Fleming in the 20th century, she blinked. These are the penicillins and sulfa drugs, which are being used by modern-day doctors. In the same way, she was equally surprised to know that the Gauls used to go to war, with huge quantities of fresh moss. The moment they suffered from wounds while fighting those Romans, those Vikings, those Juts, Firbolgs and perhaps even those Picts, -but not the Tuatha Danaan-they immediately scooped up a handful of moss, squeezed it, tied it on to the wound, bandaged it with a piece of any cloth or rope to keep it in place and continued fighting on.

Guideline: Sugars Intake for Adults and Children World Health Organization, 2015-03-31 This guideline provides updated global, evidence-informed recommendations on the intake of free sugars to reduce the risk of NCDs in adults and children, with a particular focus on the prevention and control of unhealthy weight gain and dental caries. The recommendations in this guideline can be used by policy-makers and programme managers to assess current intake levels of free sugars in their countries relative to a benchmark. They can also be used to develop measures to decrease intake of free sugars, where necessary, through a range of public health interventions. Examples of such interventions and measures that are already being implemented by countries include food and nutrition labelling, consumer education, regulation of marketing of food and non-alcoholic beverages that are high in free sugars, and fiscal policies targeting foods and beverages that are high in free sugars. This guideline should be used in conjunction with other nutrient guidelines and dietary goals, in particular those related to fats and fatty acids (including saturated fatty acids and trans-fatty acids), to guide development of effective public health nutrition policies and programmes to promote a healthy diet.

Tree Nuts Cesaretin Alasalvar, Fereidoon Shahidi, 2008-12-17 Traditionally perceived as a high-fat, high-calorie food best avoided or consumed only in moderation, tree nuts have come into their own. Recent epidemiological and clinical studies provide evidence that frequent nut consumption is associated with favorable plasma lipid profiles, reduced risk of coronary heart disease, certain types of cancer, stroke, atherosclerosis, type-2 diabetes, inflammation, and several other chronic diseases. Drawing on contributions from experts based in industry and academia Tree Nuts: Composition, Phytochemicals, and Health discusses the results of state-of-the-art research on different aspects of tree nut compositions, phytochemicals, and their health effects. Explore New Research on Health Effects of Tree Nuts The book examines popular tree nuts, together with chestnut and heart nut, and describes each one's compositional and lipid characteristics, phytochemicals, and health effects. It also briefly examines the chemical composition of acorn nut, beech nut, coconut, and hickory. The volume provides a comprehensive assessment of allergens and anti-aflatoxigenic activity of phytochemicals, and sphingolipids and health benefits of tree nuts as well as their flavor and volatile compounds. The contributors include coverage of the bioactives and phytochemicals of tree nut by-products when the information is available. Complete, Comprehensive, and Up-to-Date Coverage With its distinguished, international panel of contributors and expert editorial guidance, this book provides coverage that is both comprehensive and authoritative. The information presented is an excellent starting point for further research into the uses, processing, and marketing of tree nuts and tree nut by-products.

The Small Change Diet Keri Gans, 2011-03-15 THE ONLY "DIET" PLAN YOU WILL EVER NEED! No deprivation, no struggles. Just ten small changes that will transform your life. Keri Gans, spokesperson for the American Dietetic Association, shares her simple plan for weight-loss success that lasts a lifetime. The Small Change Diet isn't about creating unrealistic, unsustainable rules—like counting calories, restricting choices, or eliminating entire food groups. It's about turning smart habits into second nature. When it comes to achieving healthy, continued weight loss, the smallest adjustments often make the biggest impact. The key is mastering one new habit before expecting yourself to tackle another. Keri breaks each of the plan's ten easy steps into even smaller, more manageable solutions. The best part is that you decide what to focus on and when you're ready to move on. Take your time! Once you've made all ten changes, you'll be healthier and thinner—for good!

Food Drying Vol. 1 Rachel Jones,2013-10 Are you looking to learn how to safely store and dry fruit? Food Drying vol. 1: How to Dry Fruit covers exactly that, giving detailed information on how to prepare and dry more than 35 different types of fruit. From popular dried fruits like apricots, bananas, prunes and raisins to surprise entries like watermelon and cantaloupe, this handy food dehydration guide has you covered. The following topics are covered in this fruit drying guide: Why you should learn how to dry fruit and how fruit drying can save you money. What happens to fruit as it dries. The nutrients that are lost during drying and what you can do minimize loss. 10 different ways to pretreat fruit to prevent enzymatic browning. How to dry fruit using the oven, the power of the sun and a dedicated dehydrator. Conditioning and pasteurizing dried fruit after drying is complete. How to safely store dried fruit to ensure it lasts as long as possible. Here's a sampling of the fruits that are covered in-depth in this book: Apples. Apricots. Bananas. Bilberries. Blackberries. Citrus fruits. Blueberries. Cantaloupe. Cherries. Coconut. Dates. Figs. Dragon fruit. Grapes. Kiwi. Mangoes. Peaches. Pineapple. Plums. Watermelon. and more . . . Detailed drying information is provided for each fruit, and includes the following information: A brief description of the fruit and its health benefits. How to select the best fruits of that type for drying. How to prepare the fruit for drying. Whether pretreatment is necessary, and if so, what pretreatment techniques work best. The drying temperature range that works best. Approximate drying time ranges for the oven, the dehydrator and sun-drying the fruit. How to tell when the fruit is dry. Conditioning, pasteurizing and storing the dried fruit. How to rehydrate the dried fruit before use, if applicable. Buy this book today and learn to preserve your harvest by drying fruit.

Changing Habits, Changing Lives Cyndi O'Meara,2007-03-05 Are you low on energy? Are you struggling for vitality? What's stopping you from feeling healthy and dynamic? The answer is simple: bad habits. Cyndi O'Meara has already changed thousands of lives and thousands of bad habits with this bestselling book. This inspirational nutritionist believes that eating well is the key to optimum health, energy and love for life. Changing Habits, Changing Lives is a guide to change based on Cyndi's own philosophy of health and wellbeing. It encourages you to concentrate on one chapter and one bad habit each week to make change manageable and sustainable. The result is a positive change in the way you think about food and health and, more importantly, the way you live your life. Change your habits and change your life ... forever!

Improve Your Health With Dry Fruits and Medicinal Plants Rajeev Sharma, Nature has provided mankind with a gamut of fruits, vegetables, dairy products and other sources to maintain a healthy lifestyle. These natural sources of food are rich in vitamins, proteins, carbohydrates and other essential nutrients. Moreover, they have numerous unexplored healing powers. Through this series, we have made a sincere attempt to unfold the various benefits of these foods. You will find a cure for every big or small disease in this invaluable series, and will discover what treasure nature holds.

The South Beach Diet Cookbook Arthur Agatston,2004-04-13 A companion to The South Beach Diet presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

Nutritional Composition of Fruit Cultivars Monique Simmonds,Victor R. Preedy,2015-10-16 Nutritional Composition of Fruit Cultivars provides readers with the latest information on the health related properties of foods, making the documentation of the nutritive value of historical cultivars especially urgent, especially before they are lost and can't be effectively compared to modern cultivars. Because there is considerable diversity and a substantial body of the compositional studies directed towards commercial varieties, this information is useful for identifying traits and features that may be transposed from one variety to another. In addition, compositional and sensory features may also be used for commercialization and to characterize adulteration. Detailed characterization of cultivars can be used to identify super-foods. Alternatively, unmasked historical cultivars may be the focus of reinvigorated commercial practices. Each chapter in this book has sections on the botanical aspects, the composition of traditional or ancient cultivars, the composition of modern cultivars, a focus on areas of research, the specialty of the communicating author of each chapter, and summary points. Presents the botanical aspects and composition of both traditional and modern plants, including in-depth insight into current research, and overall summary points for each fruit for consistent comparison and ease of reference Provides important information in the consideration of preservation, transference, or re-introduction of historical/traditional cultivars into current crop science Provides details on compositional and sensory parameters, from aroma and taste to micro- and macronutrients Includes data on nutraceuticals and novel components that have proven to impact on, or be important in, food quality, storage, processing, storage, and marketing

About Nuts and Dried Fruit P. E. Norris,1974

Chinese Dates Dongheng Liu,Xingqian Ye,Yueming Jiang,2016-07-06 Chinese Dates: A Traditional Functional Food delivers unique information on Chinese dates (jujubes) as typical ethical foods and traditional health-promoting foods. It conveys a better understanding of Asian food cultures and provides historical information in regard to traditional functional foods and their dietary applications. It discusses the h

Berry Fruit Yanyun Zhao,2007-06-06 Highly valued for its unique flavors, textures, and colors, recent research has shown berry fruit to be high in antioxidants, vitamin C, fiber, folic acid, and other beneficial functional compounds. The food industry has also widely used berry fruits in beverages, ice cream, yogurts, and jams. With the rapidly growing popularity of this unique crop it is important to have a single resource for all aspects of the industry from production technologies to nutritional and health benefits. Drawing on the knowledge of leading international experts, *Berry Fruit: Value-Added Products for Health Promotion* is a comprehensive reference on the handling, use, and functional components of berry fruit. Beginning with an introduction to the current state of the industry, the book covers worldwide production and trends specific to each berry including annual, perennial, and off-season systems. The contributors go into great detail regarding the chemical composition of berries including carbohydrates, organic acids, enzymes, vitamins, and minerals; phytochemicals; antioxidants; and the functionality of pigments such as anthocyanins. Chapters address quality and safety concerns during post-harvest handling and storage, deterioration and microbial safety for the fresh market, and techniques to extend shelf-life including cold-storage and controlled atmosphere packaging. Finally, an extensive section highlights processing technologies and the production of value-added foods such as freezing, dehydrating, and canning; preserves, jellies, and jams; and the intelligent use of processing by-products. Presenting scientific background, research results, and critical reviews, as well as case studies and references, *Berry Fruit: Value-Added Products for*

Health Promotion provides a valuable resource for current knowledge and further research and development of berry fruit for the food industry.

Embark on a transformative journey with is captivating work, Grab Your Copy of **Healthy Dry Fruits** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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