

Eat Dried Fruit for a Healthy Intestinal Tract

Fruit is an excellent source of soluble fiber. This effect has a concentrated effect when you eat dried fruits. Most of the water is removed through dehydration. Therefore, the fiber content remains in a more condensed form. As a result, the fruit's ability to remove toxins or flush out cholesterol is greater too. Fiber is important to healthy digestion and metabolism. Therefore, eating dried fruits aids in weight loss and healthy functioning of the intestinal tract.

Include Dried Fruit in your Meals Throughout the Day

Many times, diet efforts fail because the digestive system is lagging behind, so to speak. For calories to burn efficiently, certain pollutants and contaminants must be removed from the body. Therefore, dried fruits give the digestive tract the nudge it needs in order for this to happen. You can include a little dried fruit in snacks and meals throughout the day to maintain a healthier pattern of eating. For example, include dried apricots in trail mix or dried nectarines in fruit salads or in salsa. Dried peaches also make a good afternoon snack when paired with nuts or seeds. Include yellow cherries in salads or add sun-dried tomatoes to pizza or sandwiches.

Focus on Health and Nutrition

By adding any of the aforementioned fruits, you will see an improvement in how calories are utilized. Fruit, whether dried or fresh, furnishes a substantial share of vitamin A and nearly all of vitamin C that is available through food. Four or more servings are recommended of fruit each day, so you'll receive the fiber you need as well as nutrition if you meet these requirements. Don't resort to pills to fight constipation as the medicine can result in nutritional deprivation as well. Better to focus on a healthy diet that includes the recommended servings of each food group.

Dried Fruit Helps Cleanse the System

If you are wondering how much is in a serving size, it's usually defined as one-half cup for a fruit or vegetable. Usually, a dried fruit serving is measured at half of that amount. Therefore, you don't need too much dried fruit in order to stay regular and feel your best. After all, it rather defeats the purpose of good nutrition if you can't cleanse your system of any impurities. Therefore, fruit is helpful and essential in this regard.

Good for Weight Loss and Maintenance

Include dried fruit in yogurt (also helpful for digestion), on a bran cereal (also good) in the morning. Add it to your salad for lunch. Including dried fruit, such as nectarines, to a leafy green salad is definitely a healthful alternative to using pills. Salads, along with dried fruit, provide vital nutrients, such as vitamin C, calcium, riboflavin and iron – good nutrition for anyone desiring to lose weight and keep it off.

Stay Healthy and Lean with Dried Fruit

Of course, you can realize your weight loss goals when you add dried fruit in your meals. Moderate the portions and use it throughout the day to stay both healthy and lean.

**Fruitrade offers a full selection of flavors of dried fruit, each meant to complement certain meats, fruits or vegetables.*