

Dried Fruit

BOTTOMLINE: If you are NOT looking to lose weight then dried fruit that has no added sugars or fat in small amounts are healthy, easy to travel with food options. They could help athletes doing long endurance events. I would rather see you eat the whole fruit.

I am not saying Dried Fruit is not healthy. Most are loaded with fiber and other great nutritional elements like antioxidants. Because dried fruit is so much smaller than the fresh fruit from which it comes, it's easier to consume a lot of calories eating dried fruit. I use raisin and dates at times myself. What I am worried about is that people are getting added sugars and fats from some of them and that they are unaware of the calories in them. People are unaware that common dried fruits contain 38–66% sugar, and eating too much of them may contribute to weight gain and various health problems. Please read the labels and understand how calorically dense they are. For instance just a half cup of raisins is more than 200 calories and banana chips a popular dried fruit contains a whopping 8 grams of the heart unhealthy saturated fat (added fat in the processing). Look out for the ones labeled candied they are loaded with added sugar. **ADDED SUGAR REMEMBER** is something you should limit and avoid. Dried fruit is a great option for an athlete doing long distance training or for hikers, but I rather have people eat the whole fruit. Therefore I suggest that dried fruit should only be eaten in small amounts, preferably along with other nutritious foods that high fiber and lower calorie foods. Since dried fruit has the water taken out causes it to have more calories per weight but up to 3.5 times the fiber, vitamins and minerals of fresh fruit. What I found was interesting is that several studies have shown that people who eat dried fruit tend to weigh less and ingest more nutrients, compared to individuals not eating dried fruit ([see report](#)). Also this same report listed studies saying that eating raisins may improve blood sugar control, lower blood pressure and blood cholesterol, as well as decrease inflammation. Also, prunes have a natural laxative effect because of their fiber and sorbitol content, making them very filling, and may help fight oxidative damage in the body, while eating dates may help reduce oxidative damage, moderate blood sugar and help with labor in pregnant women. This same report made a good point that sulfites are added to some dried fruit to preserve color, which may cause adverse effects in sensitive individuals so look at labels. Dried fruit that is improperly stored and handled may also be contaminated with fungi and toxins.



Dried fruit is fruit that has had almost all of the water content removed through drying methods.

The fruit shrinks during this process, leaving a small, energy-dense dried fruit.

Raisins are the most common type, followed by dates, prunes, figs and apricots.

Other varieties of dried fruit are also available, sometimes in candied form (sugar coated).

These include mangoes, pineapples, cranberries, bananas and apples.