



Dried Fruit and its Benefits

From Select Stores Health Food Store, Dalkey.

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DRIED FRUITS



Goji Berry has been receiving exceptional publicity for its "super-food" status.

Also known as Wolfberries or Lycium berries, Goji berries have been used in Tibetan, Mongolian and Chinese cultures for centuries for their many health benefits.

Goji berries contain up to 21 trace elements which include zinc, copper, calcium, selenium and phosphorus. It is a rich source of carotenoids.

Carotenoids are substances that make certain fruits and vegetables yellow, orange or red. Some carotenoids (beta-carotene, alpha-carotene) can be made into vitamin A by the body. Other carotenoids (lycopene, lutein) cannot be made into Vitamin A by the body. All carotenoids are antioxidants.

Goji berries also contain Vitamin B1, B2, B6 and Vitamin E.

The Benefits:

- Excellent antioxidant
- Helps protect the body's tissues against the damaging effects of free radicals
- Helps maintain a healthy immune system
- Helps to optimise general well-being
- **Dried fruits** are produced by means of either natural or industrial drying. The most common ones are raisins, dried apricots, and prunes.
- Dried apricots, prunes, figs, dates and raisins are rich in minerals and vitamins. In cookery dried fruits are added to muesli, cereals, and different pastry. Intensive taste of all dried fruits is achieved by the process of moisture elimination.
- We offer the following types of dried fruits: dried apricots, prunes, figs, dates, and raisins. All products have long term shelf life.
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- **Raisins** are dried grapes which is especially popular in food industry in Mediterranean countries, in the Near and Middle East. There are four types of raisins: tiny raisins (so called "Currants"), white, golden raisins, seedless dark raisins (originally made from green grapes).
- **Raisins** strengthen nervous system, are really effective against anaemia, heart and kidney diseases, they are indispensable for total body weakness.
- **Raisins** are rich in mineral salts, vitamins, organic substance as well as in fructose, sucrose (raisins have them 8 times as much compared to grapes). Dark types of raisins are considered to be more health-giving ones.
- Commercially, they distinguish raisins hand-made and factory-made ones. Hand-made raisins are more aromatic; on the other hand, factory-made raisins are better refined from tinge



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and admixture and are not so shrunk. Apart from this, the type of processing does not matter much for their cookery usage.

- **Raisins** come from many different countries; we offer raisins which originally come from Afghanistan, Uzbekistan, and Iran.
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- **Dried apricots** normally come without pit (so called “clingstone”). Dried apricots contain lots of minerals, carbohydrates, organic acids, trace elements, and vitamins. Dried apricots help burn down fats, strengthen the organism, and add to the cleansing process. Just eating 5 pieces of dried apricots provides daily norm of iron. Dietary properties of dried apricots are conditioned by a big amount of potassium salts compared to sodium salts. They can also be a good preventative against endocrine diseases. Dried apricots have their sweet taste due to the high content of fructose, sucrose as well as glucose. They are widely used in cookery for various kinds of desserts.
- We offer dried apricots from the best manufacturers in Iran, Turkey, and Tadzhikistan.
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- **Prunes** are dried plums; which are carefully selected so that the plums should be ripe, juicy, and sweet. Recently, there has been a tendency for prunes gaining popularity, which is directly connected with their health-giving properties. Prunes are especially effective at an early state of development of cardiovascular diseases. Ballast agents of prunes help regulate gastrointestinal tract as well as metabolism. Prunes are quite effective in treating oncological diseases; they make the skin look better; they also have antibacterial action. Prunes contain lots of antioxidants which boost
- immunity.