

## 吃果乾作為零食健康嗎？ Is snacking on dried fruit healthy ?

果乾如杏脯乾、提子乾、無花果乾和藍莓乾，是健康又方便的零食選擇。它們通常透過日曬、風乾或冷凍乾燥製成，去除水分後，天然糖分會被濃縮。雖然製作過程會流失部分維他命C，但抗氧化物、膳食纖維及其他重要營養成分仍然得以保留，有益身體健康。不過，由於果乾的熱量和糖分較高，建議每天攝取量不宜超過新鮮水果的一半，並選擇無添加糖的天然果乾，更加健康。

Dried fruits—such as apricots, raisins, figs, and blueberries—are healthy and convenient snack options. They are produced by sun-drying, air-drying, or freeze-drying, which removes water and concentrates natural sugars. Although some vitamin C is lost during processing, dried fruits are rich in antioxidants, dietary fiber, and essential nutrients that contribute to overall health.

Since dried fruits are higher in sugar and calories, it is recommended to consume only half the portion of fresh fruit you would typically consume. Choosing natural dried fruits without added sugar is a healthier choice.



### References 資料來源:

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