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Altri autori (Persone)	AlasalvarCesarettin ShahidiFereidoon <1951->
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Nota di contenuto	pt. 1. Dried berries -- pt. 2. Nontropical dried fruits -- pt. 3. Tropical dried fruits.
Sommario/riassunto	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 indivi