



Health Benefits of Raisins



Raisins can be defined as grapes that have been dried and have a sweet taste, with a wrinkly texture. Often known as nature's candy, they are counted amongst the most nutritious dried fruits in the whole world. Raisins are cholesterol-free, low in sodium, high in fiber and totally fat-free. Apart from that, they contain a lot of vitamins and minerals, making their nutritional value very high. Raisins are the best source of quick energy, as they contain 70 percent pure fructose, which gets digested by the body easily and gives instant energy. There are a number of other health and nutrition benefits of eating raisins,

The health benefits of raisins include relief from constipation, acidosis, anemia, fever, Raisins also help in weight gain, eye care, dental care, and bone health.

Raisins are indispensable when it comes to dry fruits. Those golden, green or black colored delicacies are favorites of almost everybody, especially children. Raisins are widely used worldwide in cuisines (especially in desserts), health tonics, as snacks and also as food for mountaineers, trekkers etc.

Raisins are obtained from drying grapes (green or black), either in sun or in driers and look like golden, green or black gems. Indeed they are like gems when their nutritional values and health benefits are considered.

Raisins rank among the top antioxidant foods, according to USDA government tests. Early findings suggest that eating plenty of fruits high in antioxidants, such as raisins may help slow the processes associated with aging in both body and brain.

