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## Health Benefits of Freeze Dried Food

In an emergency, a supply of freeze dried food can be extremely useful. Freeze dried food is lightweight, compact, and lasts for months and even years without spoiling, making it the perfect survival food.

Any go bag should have at least a week's supply of freeze dried food in it, and any serious homesteader should have enough freeze dried food to last for up to a month in the event of natural disasters or other emergencies. Freeze dried fruit and meat isn't just useful in an emergency, however: it's also surprisingly good for your health.



### Freeze Dried Fruit

Compared to conventionally dried fruit, freeze dried fruit contains fewer calories. If you're looking for a great weight loss food, freeze dried fruit is a great option. Freeze dried fruit is also high in fiber. Fiber is vital to promoting regular digestion. It also reduces cholesterol levels and lowers the risk of heart disease and colon cancer.

A diet high in fiber will also help prevent appetite cravings. Freeze dried fruit has about four grams of fiber per cup, which is a similar content to conventionally dried fruit.

Freeze dried fruit has concentrated levels of antioxidants, which means that in some cases it will be even better for your health than fresh fruit. Just one tablespoon of freeze dried raspberries has as many antioxidants as a half cup of fresh ones.

Antioxidants counter the damage done to your body by free radicals, which can wreak havoc on your cells. Eating antioxidant-rich foods like freeze dried fruits can help prevent heart disease and cancer.

Unlike conventionally dried fruit, freeze dried fruit does not have any added sugar. Because it has a high level of natural sweetness, it is a healthier alternative to conventionally dried fruit.

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*NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.*

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It also is part of the reason why freeze dried fruit has fewer calories than conventionally dried fruit. While some nutrients are lost during the freeze-drying process, most freeze dried fruit has similar levels of nutrients compared to fresh fruit.

### Freeze Dried Meats

Every balanced diet requires a source of protein, calcium, zinc, and other nutrients that are typically found in meat. Protein is the best benefit one can gain from meat: proteins are essential for building and repairing tissue in the body, providing energy, and making hormones and enzymes. Freeze dried meats are an excellent, lightweight, portable source of high-energy protein and nutrients.

Freeze dried beef is an excellent source of protein as well as zinc, iron, and vitamin B. Consuming freeze dried beef is an excellent way to maintain muscle mass and improve overall metabolism. Consuming high levels of protein can also lower your risk for coronary heart disease.

And the zinc that freeze dried beef contains is good for improving cognitive performance. Freeze dried beef, if stored in proper conditions, can last up to fifteen years.

Freeze dried chicken is another healthy source of protein. Chicken has zero carbs and very low levels of sodium, and it contains calcium, magnesium, potassium, and vitamins B12 and A.

Chicken also has all nine of the essential amino acids the human body cannot produce by itself. The USDA recommends lean, skinless white chicken meat for a source of high-protein, low fat nutrition. Freeze dried chicken is exactly that. And it is perfect for homesteaders because it has a shelf life of more than twelve years in ideal conditions.

Freeze dried turkey is another nutrient-rich source of protein that is lower in calories and fat than many other freeze dried meats.

Turkey is rich in iron, zinc, phosphorus and vitamin B. Studies have shown that middle-aged persons who eat protein-rich food like freeze dried turkey have fewer problems related to osteoporosis. Freeze dried turkey is excellent when served in pot pies or with root vegetables. It lasts for up to fifteen years if stored unopened in a cool, dry place.

Freeze dried ham is an excellent source of protein as well as essential minerals and nutrients such as copper, magnesium, iron, and vitamin B.

Freeze-dried ham is very filling, which means you will stay satisfied longer after eating it. This has the added benefit of reducing cravings and helping maintain weight. Freeze-dried ham is delicious in soups. It lasts more than 12 years if stored properly in a cool, dry place.

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