

It might not have occurred to you that eating dried fruits can make you leaner as well as more muscular. But, indeed, dried fruit products can help give you the energy and strength you need to exercise and stay competitive in sports, such as running, biking, swimming and weight lifting. That's because fruits, when dried, contain four times the nutritional and energy content than they have when they are in their natural state. Therefore, they are the perfect form of sustenance for anybody who is active or wants to lose weight.

An Assortment of Delicious Dried Fruits

You just have to make sure that you don't overconsume dried fruit as it also has about three to five times more calories than fresh fruit. Still, for a quick energy boost and optimized nutrition, you couldn't ask for a better food to include in your daily menu and snack planning. Some popular dried fruits include: *black sour plums, black sweet/semi-sweet plums, red sour plums, apricots, nectarines, peaches, black cherries, yellow cherries, morelo cherries and sun-dried tomatoes.*

Dried Fruit Cleanses the System and Increases Metabolic Performance

So, how do dried fruits help you build muscle? Fruits that are dried, just like natural fruits, contain soluble fiber and antioxidants. The fiber in the fruit helps cleanse the system of toxins and fat so the body burns energy much more proficiently. Therefore, when you exercise, you also are able to build more lean muscle. By including dried fruits in your daily eating plan and following an exercise regimen, you will start to see a better toned body and physique. Consuming a moderate amount of dried fruit then assists you in losing stomach fat and keeps you energized, which also elevates the metabolism and helps you burn even more fat and calories.

Including Dried Fruits in your Meal Planning

You can easily obtain your 4 to 5 servings of fruits for the day if you add dried fruits to meats, salads and sandwiches. For instance, you can include dried morelo cherries to a green salad or sprinkle some dried nectarines into a fruit salad or even a salsa recipe. Make use of sun-dried tomatoes in pasta salads, on sandwiches and sauces or create marinades or glazes with dried peaches, red sour plums or apricots.

An Ideal Way to Build Muscle

You can easily obtain the nutrition you need on a daily basis by supplementing your diet with dried fruit products. It's an ideal way to build muscle without resorting to dangerous supplements. Research has proven that people are more successful at reaching their dietary and fitness goals when they can eat foods that provide optimum taste and nutrition. That tried-and-true method is why you should always supplement your diet with dried fruit. When consumed for energy and nutrition, dried fruit is an excellent, healthful choice.

**Note: Fruitrade offers a number of flavors of dried fruits. Their dried nectarines are a perfect complement to fresh fruit salads.*