



5 Reasons Why You Should Not Eat Too Many Dried Fruit

The first thing comes in mind to see the dried fruits that [Is Dried Fruit Healthy](#) or is dried fruit bad for you. Consuming dried fruits is a healthy add-on to your diet, but if consumed more than required, they may comprise of unpleasant effects on your weight. The ideal consumption includes small proportions of about 2 tablespoons, so eating directly from the bag can cause overeating. Make sure you read the nutrition facts on your dried fruits and avoid other varieties that had sugar or sweeten them with fruit juice to reduce excess calorie intake.