

# nutravITA



## Dehydrated VS. Freeze-Dried

### Eight Major Differences Between Freeze-dried and Dehydrated Food

	Freeze Dried Products	Dehydrated Products
<b>Process</b>	Freeze-dried food is flash frozen and then put in a vacuum container causing the water vaporize, and leaving the food item with 98% of its water removed.	Dehydrated products are heated and water evaporates, leaving the food item with 75% of its water removed.
<b>Shelf-Life</b>	Freeze-dried food lasts a lot longer without expiring because it has hardly any water left in it. On average, they tend to last between 20 and 30 years.	Dehydrated foods still have 25% of its original water left in it, so they cannot stay good for nearly as long. They typically last between 1 and 8 years.
<b>Additives</b>	Freeze-dried foods don't have any additives, but dehydrated food does.	They usually need to add salt, sugar, or other preservatives to make dehydrated food.
<b>Nutrition</b>	Food retains all the nutrients that it had in its original form after the freeze-drying process.	In the dehydration process, however, up to 50% of the foods' nutrients can be lost because of the heat that the food is put under in the process.
<b>Taste &amp; Texture</b>	Freeze dried food has a muted colouring and a dry, powdery texture before it is prepared, but once water is added the food has its' original look, texture, and taste.	Dehydrated food looks and tastes different than it was before the process. It also usually has a chewy texture.
<b>Re-Hydrating</b>	Since freeze-dried food was made to be re-hydrated, it is very easy to do. It can be done with cold or hot water, and after the water is added the food is just like the regular food item was frozen and then thawed.	Dehydrated food wasn't made for re-hydration, so it is extremely difficult.
<b>Uses</b>	Freeze-dried food is great to use as a substitute for fresh ingredients when cooking. There are limitless possibilities with freeze-dried. We even make freeze-dried ice-cream! It is ideal as camping food because of high nutrition value and light weight.	Dehydrated food is a little more limited. It's great as a snack by itself, but it doesn't really go with recipes very well. The products that are dehydrated are mostly fruits, vegetables, and meats.
<b>Purity:</b>	Freeze Dried Products are 100% pure without any impurities like dust, microorganisms, etc	Most of the dehydrated products are either Sun Dried or Hot air dried. In both cases there are many chances of dust getting deposited on the product which is unhygienic.
<b>Cost</b>	Because of the many benefits, freeze-dried food costs more than dehydrated food.	

The use of Freeze Dried products as ingredient will improve the quality of final product drastically as it has much more nutrition values than dehydrated (Sun dried etc) product. Also it is much more concentrated than dehydrated.