

Dry Fruits, Decoded

15 Dry Fruits & Nuts and Their Unique, Standout Benefit

Every dry fruit and nut brings something different to the table — walnuts lead on omega-3, Brazil nuts are unmatched for selenium, and figs beat most other dry fruits on calcium. This guide breaks down 15 common dry fruits and nuts, colour-coded by the nutrient they're best known for, with a practical way to include each one.

Colour Key

Vitamin E	Omega-3	Minerals	Potassium & Protein	Energy & Fiber	Iron & Antioxidants	Calcium	Vitamin A	Heart-Health y
-----------	---------	----------	---------------------	----------------	---------------------	---------	-----------	----------------

The 15 Dry Fruits & Nuts

Dry Fruit	Nutrient	Unique Benefit	How to Include It
1. Almonds (Badam)	Vitamin E	One of the best food sources of vitamin E among nuts, supporting skin health and antioxidant protection.	A small handful (8-10), soaked overnight and eaten in the morning.
2. Hazelnuts	Vitamin E	Rich in vitamin E and folate, supporting cell health and skin protection.	Enjoy roasted as a snack, or added to homemade granola.
3. Walnuts (Akhrot)	Omega-3	The richest plant-based source of omega-3 fatty acids among common nuts, supporting brain and heart health.	A small handful (4-5 halves) daily, plain or added to oats and smoothies.
4. Cashews (Kaju)	Minerals	Higher in magnesium and zinc than most other nuts, supporting energy metabolism and immunity.	A small handful as a snack, or use in curries for natural creaminess.
5. Brazil Nuts	Minerals	The single richest food source of selenium, a mineral essential for healthy thyroid function.	Just 1-2 a day is enough — they're extremely potent, so more isn't better.
6. Pistachios (Pista)	Potassium & Protein	Among the highest potassium content of any nut, plus a more complete protein profile than most other nuts.	A small handful as a snack; shelling them also naturally slows down overeating.
7. Peanuts (Moongphali)	Potassium & Protein	The most affordable, protein-dense option among all dry fruits and nuts.	Dry roast a batch and keep a jar handy for an easy daily snack.
8. Dates (Khajoor)	Energy & Fiber	Combines natural sugar with fibre, giving a more sustained energy release than refined sugar.	Have 2-3 as a snack, or use to naturally sweeten desserts instead of sugar.
9. Prunes (Alu Bukhara)	Energy & Fiber	Well known for high sorbitol and fibre content, giving them a natural, gentle digestive effect.	Have 2-3 as a snack, especially useful if you deal with occasional constipation.
10. Raisins (Kishmish)	Iron & Antioxidants	A concentrated source of iron and antioxidants in a small, easy-to-eat portion.	A small handful as a snack, or soaked and added to milk.
11. Dried Mulberries (Shahtoot)	Iron & Antioxidants	Rich in iron and resveratrol, an antioxidant also found in red grapes.	A small handful as a snack, or added to trail mix.

Dry Fruit	Nutrient	Unique Benefit	How to Include It
12. Dried Figs (Anjeer)	Calcium	Among the richest calcium sources of any dry fruit, making it a solid non-dairy option for bone health.	Have 2-3 as a snack, or soak overnight for easier digestion.
13. Dried Apricots (Khubani)	Vitamin A	One of the richest dried-fruit sources of vitamin A (as beta-carotene), supporting eye and skin health.	A small handful as a snack, ideally a naturally dried variety.
14. Macadamia Nuts	Heart-Healthy	Has one of the highest monounsaturated fat contents of any nut, supporting heart health.	A small handful as an occasional treat; they're calorie-dense, so portion matters.
15. Pine Nuts (Chilgoza)	Heart-Healthy	Contains pinolenic acid, a fatty acid unique to pine nuts, studied for its appetite-supporting effects.	Add a small spoonful to salads, pesto, or rice dishes.

Note: Dry fruits and nuts are calorie-dense, so portion size matters even though they're nutritious. This guide is for general education, not medical or dietary prescription — consult a nutritionist for advice specific to your needs.