

IMPORTANCE OF VITAMIN A AND VITAMIN C

Vitamin A and Vitamin C are two micro-nutrients necessary to keep children and families healthy. Vitamin A deficiency is extremely common and is seen in over 100 countries around the world. A Vitamin A deficiency weakens the immune system, putting a person at high risk for disease and infection. Additionally, Vitamin A deficiency is the leading cause of child blindness, dramatically limiting a child's ability to gain an education. Foods high in vitamin A include sweet potatoes, carrots, dark leafy greens, winter squashes, lettuce, dried apricots, cantaloupe, bell peppers, fish, and tropical fruits; all foods that are easily dehydrated in an Orenda.

Vitamin C is also beneficial in boosting the immune system. The highest vitamin C content is found in green and red peppers, citrus fruits, strawberries, melons, tomatoes, raw cabbage, potatoes, and leafy greens such as spinach, turnips, and mustard greens; also foods that are easily dehydrated and preserved with an Orenda.

COMPARING THE NUTRITIONAL VALUE OF ORENDA DEHYDRATED PRODUCE

After thorough nutritional testing of our dehydrated product, we were able to compare to competing dehydrated produce in the market. For example, our dehydrated peppers have Vitamin A levels of 9560 International Units (IU) per 100g. This compares to other industrial sized dehydration methods, which retain Vitamin A levels of 5640 IU per 100g. This comparison shows how our low heat and gentle convection system retains more nutrients in the produce after dehydration. The higher the heat, the more nutrients are stripped from the food, so our team has ensured that Orenda dehydrates efficiently and quickly under low heats between 115-145 degrees Fahrenheit.



Our dehydration method also minimizes microbial growth post dehydration by eliminating virtually all moisture. The microbial levels we recorded from testing our dehydrated bananas, peppers and mangoes were between 0.1869- 0.2883. The acceptable level for consumption is .6 and below for microbial activity, meaning that our products will remain safe to eat for months past the time of dehydration.

By implementing Orenda into communities where deficiencies of micronutrients are common, we are able to reverse and further prevent the debilitating result of lack of food. The poverty cycle directly links to inadequate access to nutritious food. The KinoSol Orenda has the ability to eliminate the inordinate amount of food waste occurring during post-harvest and put nutritious, high quality food back into the community.