

Celebrate J Festival with dried fruits from Nature's Sensation



J Festival (Vegetarian Festival) is a celebration held for people to perform a traditional Chinese ritualistic act. It is the time in which observers of J eat healthy diet and refrain from eating meats and strong-smelling foods. This year, the festival will take place from October 17-25 but some individuals begin their healthy eating plans since October 16. Vegetarianism promotes physical health balance and helps detoxify the human's body. Since meat consumption has played an important role in people's daily life, switching from meat consumption to living on a plant-based diet is regarded as the way to maintain balance of cold energy and hot energy, aka Yin and Yang. Generally, sweets and desserts are rarely found during the festival because they contain dairy products ingredients, which are prohibited- milk, butter, honey, and eggs. For this reason, Nature's Sensation, a wide variety of fine dried fruits and natural juices brand under Heritage Group, would like to introduce you to the real joy and happiness from a wide selection of tasty dried fruits featuring seedless raisins, prunes, and berries, excellent choices for snacking and gifting your love ones during J Festival 2020.

Dried fruits are second to none when compared with fresh fruits in terms of health benefits. It is because dehydrating fruits is the most effective way to preserve fruits' nutritional values. Therefore, consumers can be sure that they will get all essential nutrients from dried fruits they consume. Additionally, dried fruits are rich in fiber which helps support the excretory system and keep weight under control, according to the study published in The American College of Nutrition. They are also loaded with antioxidants and offer several nutrients including Vitamin C, Potassium, Calcium, Vitamin A, Vitamin B, and Manganese, the same as fresh fruits.

For those who love eating fruits or are finding snacks and gifts during J Festival, Nature's Sensation dried fruits are the perfect choices available now at convenience stores and leading supermarkets nationwide. Visit the online channels at Shopee, Lazada, JD Central, and LINE ID:

@HeritageThailand. For more information, please call 02-813-0954-5 or follow the activities of Nature's Sensation at www.heritageThailand.com, www.facebook.com/naturesensationofficial, and IG: [naturesensation](https://www.instagram.com/naturesensation)