

## **NUTRITION NUGGET #16**

### **Is Juicing Good for Me?**



**Answer: There is no scientific evidence that proves juicing is healthier than eating whole fruits and vegetables.**

#### **Facts:**

- Juicing may add fruits and vegetables to your diet if you do not eat enough of them. Juicing extracts the juice and some nutrients from whole fresh fruits and vegetables.
- Fiber from whole fruits and vegetables is lost during juicing. Eating foods with fiber provides a feeling of fullness with fewer calories. Fiber reduces constipation, blood cholesterol levels, risk of heart disease, obesity and type 2 diabetes.
- There is no evidence to prove juicing helps with weight loss, to digest nutrients better or to cleanse the body.
- Note that juices from some fruits and vegetables can contain more sugar than you realize, which can add unwanted calories and lead to weight gain. Calories are more if use pure fruit juice; calories are a lot less if you use vegetables.
- Before juicing, wash your juicer, hands and produce thoroughly. Make only as much juice as you can drink at one time. Fresh squeezed juice can quickly develop harmful bacteria. Select a pasteurized product if you buy fresh juice.
- Blending fruits and vegetables into smoothies is different than juicing because blending doesn't remove the fiber.

**Apply: A participant tells you they have been juicing to get in their nutrients and loose weight. What do you recommend?**

**References:** <http://www.mayoclinic.com/health/juicing/AN02107>; <http://choosemyplate.gov/food-groups/fruits-why.html>; <http://www.webmd.com/diet/features/juicing-health-risks-and-benefits?page=2>. Images: <http://info.abcr.com/Blog/bid/257140/Food-Testing-A-closer-look-at-Juicing>. Accessed on: 11/13/13.