

Benefits of Juicing

Juicing provides the body with a great source of antioxidants, vitamins, and minerals. It can also give you a natural “energy boost” without caffeine. Juicing is an easy way to incorporate more fruits and vegetables in your daily diet. Juicing, along with a healthy diet, can help to maintain healthy cholesterol and blood sugar levels. Fresh juice is best consumed within 15 min. of juicing for the most benefits.

Choosing Produce

- Make sure you always choose fresh produce for juicing.
- Choose organic whenever you can.
- Organic produce is grown in nutrient-rich soil, without harmful chemicals and pesticides. Use a chemical-free vegetable wash to rinse all produce before juicing

Tip: Fill a large bowl with a few drops of veggie wash and water. Wash all produce, then rinse with water.

Which Juicer Do I Choose?

There are several factors to consider when purchasing a juicer; clean up time and budget are two major factors that most people are concerned about.



Juicer Type	Blender	Centrifugal	Masticating
How it Works	Produces a thick “shake like” juice.	Most common type of juicer. A fast-spinning blade spins against a mesh filter, separating juice from flesh. Produces a “water consistency” juice.	Crushes fruit/vegetable to obtain juice. Produces a “water consistency” juice.
Example	The Bullet 	Oster Juicer 	Omega 3 Juicer 
Benefits	<ul style="list-style-type: none"> • Maintains all the pulp and fiber. • Most similar to consuming the whole fruit/vegetable. 	<ul style="list-style-type: none"> • Many models offer “wide mouth” openings, which allow you to juice the produce without cutting it up. 	<ul style="list-style-type: none"> • Great for juicing greens; can produce nut milk. • Emits less pulp than a centrifugal juicer, maintaining more fiber.
Negatives	<ul style="list-style-type: none"> • Produces some heat during processing, which may decrease nutrient content. 	<ul style="list-style-type: none"> • Produces some heat during processing, which may decrease nutrient content. • Less efficient at juicing greens. • Produces more pulp than a masticating juicer, decreasing the amount of fiber. 	<ul style="list-style-type: none"> • More time-consuming juicing process. • You may need to cut up fruit/veggies before juicing.