



# Juices and Smoothies

## Is it healthy to drink your food?

Eastern, Mediterranean and Latin American cultures have been ‘juicing’ fruit to supplement their nutrient-rich diets for hundreds of years.



‘Smoothies’ arrived in the 1930s with invention of the blender. In the 1970s, smoothies got popular, which happened to coincide with a cultural swing towards eating unprocessed foods.

As a result of their seemingly wholesome roots, people assume that juices and smoothies are healthy. **However, research shows that drinking your food may not be such a good idea.**



### WHY LIQUIFY?

Liquid food may be necessary when you, or members of your family, have trouble chewing or digesting whole food; or you have a chronic fussy eater. In these situations, homemade juices and smoothies are a great way to deliver critical nutrients to sustain life. However, **they can never fulfill all dietary requirements** and overdoing it can be harmful.

Some say that juicing/blending is a ‘time saver’. More often than not, the prep and clean up time is the same as eating the whole food.



Commercial juices and smoothies offer a ‘healthy snack on the go’. Unfortunately, you have no control over the quantity or quality of the ingredients.

**TIP:** Check for added sugar and **always buy the smallest size available.**





**GO FOR 2 AND 5**

A healthy adult diet includes 2 serves of **whole** fruit and 5 serves of **whole** vegetables per day. The liquification process damages or removes fibre and nutrients, and upsets the nutritional balance of the food.



Fruits and vegetables are *Carbohydrates* and contain the energy molecules – *Glucose and Fructose* (sugars). Fruit contains extra Fructose ('fruit sugar'). In high doses (i.e. fruit juice), Fructose can damage your liver.

It is tempting to stuff a huge amount of fresh produce into a single drink to get a hyper dose of nutrients. But remember, nutrients always travel with *Glucose* and *Fructose* energy.

**Only juice or blend the amount of food you would ordinarily eat in one sitting, and keep the fruit to a minimum.**

**THINGS TO KNOW**

- Always **wash fruit and vegetables** before eating.



- **Juicing removes the majority of skin and pulp**, which contains dietary fibre and essential nutrients such as flavonoids and carotenoids. Fibre slows down absorption of energy into your bloodstream, which regulates *Insulin* and keeps your appetite satisfied.

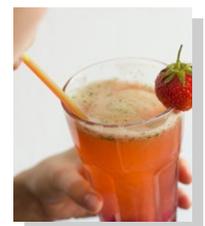


- **Fresh ingredients start oxidizing when cut or processed**, which destroys nutrients very quickly. So drink your juice or smoothie immediately, or seal and store it in a cool, dark place.



- Chewing works your jaw muscles and produces *alkaline* saliva to offset the natural *acid* in fruits and vegetables. **When you drink your food, you skip this 'pre-digestive' step.** Over time, high body acidity damages your teeth, bones, muscles and liver; and increases your risk of cancer and heart disease.

- **Drink slowly through a straw** to protect your teeth from food acid, and take the same time you would to eat the food when whole.



**There is no substitute for eating whole fruit and vegetables, and drinking water.**

