

EAT YOUR FRUITS AND JUICE YOUR VEGGIES

Juicing a fruit is convenient, quick and easy to prepare.

Some companies advertise ‘100% pure juice’, but there will be added preservatives, which are not natural.

A fruit juice can’t stay fresh for more than 48 hours (or even 24 hours) if it’s in the natural form.

For one to increase its shelf life, there are only 2 ways:

- Add preservatives either natural or artificial (none of them are healthy)
- Subject juices to any heat treatment (which can destroy some of the labile nutrients).

Knowing the packaged fruit juices aren’t good, one can easily debate for FRESH fruit juices, but they too can’t promise 100% of the natural nutrients present in the significant whole fruit.

Fruits are loaded with healthy natural sugars, vitamins, minerals and fibre, but when they are blended, the fibre gets broken down and so do most of the valuable nutrients.

Nevertheless, it is still better than having carbonated drinks and other sugar laden beverages, but it’s more effective to eat the whole fruit and get all its nutritional benefits.

Some people believe that the body should digest fruit juice faster than a whole fruit. Remember, a fruit, in whole form or juice is a simple carbohydrate, and the body quickly digests both.

Mixing a fruit juice with a vegetable is a better option than just a plain fruit juice for the following reasons:

- Vegetables are complex carbohydrates, and when put through a mixer, fibre still gets retained..
- The fibre in the vegetables can also take care of the sugar released from fruits, which prevents the blood sugar spikes.
- Apple-Beetroot-Carrot juice, Apple-Carrot juice, Cucumber-Orange juice are some great examples of fruit and veggie combinations.
- Thus, in conclusion, fruit juices are surely a better option over aerated beverages.
- But if you are really inclined towards health and making a better choice over aerated drinks, take a step further and try out combination of fruit + veggie juice over ONLY FRUIT juices.