



## What is Juicing?

Making juice extracted from fresh fruit and uncooked vegetables the main or only part of your diet.

## Are those advertised health benefits true?

Eating a plant-based (fruits, vegetables, whole grains) diet reduces the risk of heart disease and cancer and supports the immune system – but it doesn't have to be from extracted juice. Claims that “juicing” or drinking only extracted juice from fruits and vegetables in place of a balanced diet will:

- Decrease the risk of cancer
- Boost immune system
- Remove toxins
- Aid digestion
- Promotes quick weight loss

are unsupported by research except to the extent that eating fruits, vegetables, and whole grains will provide significant amounts of vitamins, minerals, and phytochemicals, acting as antioxidants, all of which contribute to a healthy body and disease prevention.

## Is ‘Juicing’ healthier than eating whole fruits and vegetables?

- Juice contains most of the vitamins, minerals, and phytochemicals contained in whole fruits and vegetables, however when your entire diet is from juice alone you lose the fiber which is contained in the skins and pulp of fruits and vegetables.
- There is a lack of scientific evidence, with the exception of a few small studies, that extracted juices from fruits and veggies are healthier than eating whole produce.
- If don't like to eat or just aren't eating enough whole fruits and vegetables – juicing may be a good way to add all or some fruits and vegetables, along with the benefit from the nutrients and phytochemicals contained in them, to your diet. In other words, juicing can't hurt.
- For maximum benefits, add back some of the pulp and skin to increase fiber which can help fill you up and is good for digestion, cancer prevention, heart disease prevention, and to moderate blood glucose levels.
- Some fruits contain loads of sugar which can add more calories than you think – mix fruit with low cal veggies to decrease the amount of sugar and calories.
- You don't have to skip solid food when juicing. Combining juice with healthy meals gives you all the benefits of the phytochemicals, vitamins, and minerals contained in the fruits or veggies. Be sure to include a variety of colorful fruits and veggies since different colors of fruits and vegetables contribute different phytochemicals with their individual health benefits.
- Consuming only juice may make you lose weight in the short term since fruits and vegetables are low calorie, and high in water BUT the weight loss will be mostly loss of water weight. You will regain this water weight quickly when you return to a mixed diet.
- Juicing as a weight loss measure may lead to loss of muscle mass since protein is lacking and protein is an essential nutrient especially during weight loss to preserve muscle mass.
- Consider the sugar and calorie content of produce when you combine them to make juice. Medium sized fruit has about 60 calories whereas a cup of vegetables has about 25 calories and three cups of leafy, dark greens contain 23 calories. Each medium sized fruit makes about 4 ounces of juice. Most people drink about 12-16 ounces of juice when prepared fresh.

Bernards Township **HEALTH** Department  
262 South Finley Avenue  
Basking Ridge, NJ 07920  
P. 908.204.2520 F. 908.204.3075  
www.bernardshealth.org

Contractual Health Agency for:  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
Peapack and Gladstone Borough





## To Juice or Not to Juice? *Let's Ask the Question* Cheryl C. Komline, RD, MS

- Using a blender to make a smoothie will retain the fiber rather than a juicer which extracts the juice only. This will also change the flavor and texture.
- Leftover pulp from juicing can be used in baking or in making soups and stews which will allow you to get the fiber and additional nutrients contained in the skin.
- Buying juice from a juice bar or bottled juice can be quite expensive, and sometimes these products have to be heated or processed to preserve shelf life which may lessen the nutrient content. Home juicing may be cheaper after the initial cost of equipment. This allows you to use local fruits and vegetables and those which are in season.

### **Safe Juicing:**

- Wash hands before touching fruits and vegetables.
- Wash fruits and vegetables completely.
- Wash equipment completely and let it dry thoroughly before putting away.
- If equipment is dishwasher safe, put on the 'sanitize' cycle of the dishwasher.
- Only make as much juice as you can drink at one time to inhibit growth of bacteria and loss of some nutrient activity. This is important since freshly made juice is not pasteurized.
- Commercially prepared juices are pasteurized which kills harmful germs. This is especially important for those whose immune system is compromised.
- Speak to your doctor before starting to drink large amounts of freshly made juice since a few fruits and vegetables may interact with medication, i.e. spinach and kale and anticoagulant drugs, or grapefruit and some heart meds.

### **Cons:**

- Scientific research to date does not support the claim that enzymes from raw fruits and vegetables have special health-giving properties. Enzymes are proteins and they are broken down during digestion and are not absorbed intact.
- Claims have not been supported by research for a flatter stomach, detox of your system, cleansing your system, and quick weight loss.
- Juicing equipment which is efficient is very expensive. Less expensive models are available but may not work as well.
- Equipment must be cleaned and sanitized thoroughly between prep sessions and this must be done with extreme caution since the blades are very sharp.
- Including too much fruit or high-sugar vegetables such as beets may work against weight loss and may raise blood sugar and insulin levels.
- Using fresh ingredients to prepare juice require substantial time and may be costly.
- Liquids are absorbed more quickly than solids and will not contribute to satiety.
- Juicing as the main component of your diet may leave you lacking in protein, complex carbohydrates, fiber and the nutrients contained in these foods such as B vitamins.

### **Conclusion:**

Juicing is safe when used as part of a healthy diet but juicing alone is not the solution to long-term wellness, being healthy is a result of your total lifestyle.

Bernards Township **HEALTH** Department  
262 South Finley Avenue  
Basking Ridge, NJ 07920  
P. 908.204.2520 F. 908.204.3075  
[www.bernardshealth.org](http://www.bernardshealth.org)

Contractual Health Agency for:  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
Peapack and Gladstone Borough

