

JUICING & SMOOTHIES: GET THE SCOOP

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The practice of juicing and blending smoothies has been very popular in recent years as a way to increase produce intake, provide energy maintenance, and assist with weight loss. Both juices and smoothies are simple to make and convenient to take on-the-go. They also provide a tasty way to incorporate the recommended amounts of fruits, vegetables, and fiber into our diets.

However, it's essential to understand that although most smoothies and juices are made with healthy ingredients, they can be very high in calories.



JUICING & SMOOTHIES: HOW ARE THEY DIFFERENT?

Juicing: The practice of extracting the juice from the fruit or vegetable, leaving behind the pulp.

- Lacks fiber, protein, and healthy fat, which make you feel full.
- May be beneficial for those with digestive system issues, and/or lacking sufficient fruit & vegetable intake in their diet.

Smoothie: Made of fresh fruits and/or vegetables pureed with milk or yogurt.

- Healthy proteins and fats (i.e. nuts, peanut butter, milk, seeds) are usually added to increase nutritional value and satiety.
- Provides a rich source of fiber that contributes to fullness and healthy digestive function.
- May be high in sugar depending on its contents; increasing vegetables relative to fruit reduces this risk.

HOW MUCH DO WE NEED?

Recommended Daily Vegetable & Fruit Intake (USDA)

	Age	Vegetables	Fruits
Women	19-30	2.5 cups	2 cups
	31-50	2.5 cups	1.5 cups
	51+	2 cups	1.5 cups
Men	19-30	3 cups	2 cups
	31-50	3 cups	2 cups
	51+	2.5 cups	2 cups

Using juices or cooked vegetables/fruit, a cup can be easily measured. However, note the following exceptions:

- 2 cups of raw leafy greens can be considered as "1 cup" of vegetables.
- ½ cup of dried fruit can be considered as "1 cup" of fruit.

Recommended Daily Fiber Intake (Institute of Medicine)

	Age	Fiber
Women	≤ 50	25 grams
	51+	21 grams
Men	≤ 50	38 grams
	51+	30 grams

It is estimated that only 3% of men and 6% of women currently meet the daily fiber intake recommendations. If you are one of the majority of us, you may benefit from trying smoothies. Check with your Coach on how to get started.

Coach's Quick Take

Think of juicing as part of a healthy diet, not as a solution or quick fix for an unhealthy lifestyle.

TRY IT OUT!

Mango Peach Smoothie (serves 2)

- 1 peach, sliced (or frozen peaches)
- 1 mango, peeled and diced (or frozen mangoes)
- ½ cup vanilla soy milk or lowfat vanilla yogurt
- ½ cup orange juice
- 1 cup raw spinach

Kale-Apple Smoothie (serves 1)

- ¾ cup chopped kale, ribs and thick stems removed
- 1 small stalk celery, chopped
- ½ banana
- ½ cup apple juice
- ½ cup ice
- 1 tablespoon fresh lemon juice



Additional Tips:

- Peel and freeze ripe bananas in a sealed plastic bag so they are easy to throw in a smoothie.
- Freeze any leftover fruit in small containers to use later.
- If your family is turned off by green smoothies, add berries to turn smoothies purple.
- Add plain Greek yogurt for an extra protein kick.

WHAT ABOUT JUICE “CLEANSES?”

Participating in “juice cleanses” has become a very popular fad. Studies show clearly that poor long-term eating habits cannot be offset by 3-7 days, or even a month, of “cleansing.”

Experts suggest that the focus be shifted to making healthy choices every day, rather than going to drastic and potentially dangerous measures for a short period of time.

For natural healthy cleansing:

- Limit your exposure to unhealthful ingredients/chemicals
- Drink plenty of water to stay well hydrated
- Get plenty of physical activity to keep your gastrointestinal system moving
- Get moderately intense activity that promotes sweating to naturally remove toxins



What else can I do to cleanse my body?

Check the strategies you're willing to try:

- Cut out soda, alcohol, sweetened iced tea, and other sugary drinks.
- Drink at least 8-10 cups of water/day.
- Reduce processed snack foods such as chips, crackers, candy, etc.
- Meet the daily recommendations of fruits and vegetables.
- Avoid fried foods and high-fat meats and dairy products.
- Walk for 20-30 minutes, at least every other day.

RESOURCES

www.foodnetwork.com

www.choosemyplate.gov

www.todaysdietitian.com

www.nutrition411.com

For More Information visit
www.WellnessCoachesUSA.com