



Juices & Juicing for busy bodies

by accredited nutritionist
Catherine Saxelby

The juice bar cult has created a whole new market for freshly-squeezed juices and smoothies, often enhanced with a shot of wheatgrass, guarana, echinacea or ginseng. You can sip orange and carrot; peach, guava and pineapple; apple, capsicum and celery; watermelon, mint and beetroot – all healthy and on-the-go.



Driven by the youth market, juice bars are a place for young people to gather after school, just as cafes are meeting places for older generations. And juice bars make fruit and vegetables seem exciting, enjoyable and tasty.

Fresh juices, along with raw foods, have long been recommended by natural health practitioners since the nineteenth century. Juices are said to be an integral part of detox regimes, used to ‘cleanse the digestive system’, ‘draw out toxins’ and make the body more alkaline. Some of these claims are groundless, but are capitalised on by juice bars and all-fruit drinks to highlight the virtues of juice.

JUICE PROS

Juice is healthy and natural

Freshly-squeezed juice offers many health advantages. It:

- » Retains the maximum content of vitamins, minerals, enzymes and antioxidants. Juices are rich in all the nutrients of fruit and vegetables namely vitamin C, beta-carotene (which is converted to vitamin A in the body), folate, vitamin B1, niacin, vitamin K, potassium and magnesium.
- » Can provide some of your recommended 7 serves of fruit and vegetables a day.
- » Is helpful for fussy eaters who don’t eat many fruits or vegetables.
- » Packs in nutrition for an underweight person with a small appetite OR someone recovering from chemotherapy who can’t eat much.



Produced by nutritionist **Catherine Saxelby** to help busy people eat better and look after their health. You can find more handy tips, articles and quick recipes at Catherine’s website www.foodwatch.com.au Catherine Saxelby is an award-winning food writer and author of *Nutrition for Life* and *Zest Cookbook* (Hardie Grant Books).

JUICE CONS

Juice is fruit that’s concentrated.

Juices pack in a lot of kilojoules/calories and represent fruit in a form that’s all too easy to over consume. The fibre and intact structure has been removed, and with it goes the ‘natural brake’ to over consumption.

Look at this comparison:



1 APPLE

200 grams
3 grams fibre
300 kilojoules
10 minutes to eat



APPLE JUICE

650 ml
0 grams fibre
1300 kilojoules
2 minutes to drink



A glass of squeezed apple juice can be gulped down in minutes. No skin, no flesh to chew, but the same kilojoules.

A large juice is equivalent in food value to 4 apples but takes a fraction of the time and volume to drink.

THE BOTTOM LINE

- Think of a large juice as more of a mini-meal or a substantial snack than just something to quench your thirst.
- Order the smallest size or share one with a friend.
- Drink water if you’re thirsty (no kilojoules) and eat whole fruit.

