

Juicing

Should I Juice?

Sometimes the thought of eating 5-9 servings of fruits and vegetables can seem impossible. If you are someone who has a hard time eating enough fruits and vegetables, juicing may be a great option. Only $\frac{1}{2}$ cup (4 ounces) of juice is needed to equal one serving of fruit or vegetables.

Because juices are more concentrated than whole fruits and vegetables, they will contain more vitamins, minerals, and phytonutrients (plant chemicals). If you are actively undergoing chemotherapy or radiation, high intake of certain nutrients may interfere with your treatment.

Juice will also be higher in calories. It is easier to consume more calories from liquids versus solids. Keep this in mind if you are trying to lose weight. Also most fruit and some vegetables such as carrots are higher in sugar than most vegetables. Increased sugar intake means an increased release of insulin. Research is looking into how insulin may be connected with increasing the risk of cancer.

Before you Juice

Juicers can range in cost from \$30 to \$300. If you drink juice often, juicing may be a cheaper option. When purchasing a juicer (not a blender), try to find one that includes most of the skin and pulp. The peel and pulp offer a number of important nutrients. Also the additional fiber may reduce how fast sugar is absorbed.

Just a thought . . .

If your juicer does not include the pulp and peel, you may puree it for a soup base or baked goods.

Juicing Q & A

Not everything you hear about juicing is true. Here are some questions you may have.

- **Q:** Do you absorb more nutrients from juice?

A: You may hear fiber makes it too difficult for your body to obtain important nutrients. The digestive system is very good at extracting these nutrients. It also needs fiber to function and remain healthy.
- **Q:** Does juicing help cleanse your body of toxins?

A: There is no clear evidence this is true. Your kidneys and liver are very efficient at removing toxins.
- **Q:** Do enzymes in fruits and vegetables aid in digestion?

A: Once digested, these enzymes are destroyed by stomach acid. Thus, they are no longer able to function.

Check with your health care provider to make sure juice from raw fruits and vegetables are safe for you.

Helpful tips

- Do not choose fruit or vegetables with holes or bruises.
- Start simple using only 2 or 3 combinations of fruits and vegetables.
- Keep apples, carrots, and tomatoes handy. They may help reduce the strong flavor of other vegetables.
- Drink juice as soon as you make it. It will taste better and is less likely to spoil.

Best Fruits and Vegetables for Juicing

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|--------------------|---------------|----------------|
| • Bell peppers | • Cauliflower | • Tomatoes |
| • Parsley | • Carrots | • Apple |
| • Kale | • Cabbage | • Strawberries |
| • Broccoli | • Beets | • Pears |
| • Spinach | • Pineapple | • Oranges |
| • Celery | • Cantaloupe | • Grapes |
| • Brussels sprouts | • Watermelon | |

Fruit and Vegetable Mix

Ingredients:

- 2 carrots
- 1 apple
- 1 pear
- $\frac{1}{2}$ lemon
- Optional: cinnamon, nutmeg, or any other spice



Juice all ingredients together. You may serve at room temperature or on ice. Add spice as desired.

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References:

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2. "Juicing Fruits and Vegetables at Home." MD Anderson Cancer Center <http://www2.mdanderson.org/app/pe/index.cfm?pageName=opendoc&docid=2832>. Accessed August 15, 2011.
3. "Pros and Cons of Juicing" by Diana Dyer, RD. <http://www.cancerrd.com/FAQs/FAQ68.htm>. Accessed August 15, 2011.