



Module 8



**JUICING AND
BLENDING 101**

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Juicing and blending are great ways to pack vitamins, minerals, and antioxidants in one refreshing drink. People drink juices and smoothies to detoxify the body, give their digestive system a rest, and fight inflammation and other chronic conditions. They offer a variety of health benefits – and taste great!

Read on to learn more about the similarities and differences of juicing and blending.





Juicing

Pulp and Insoluble Fibers

Juicers separate the pulp from the juice, leaving the soluble fiber, which is more easily digested and passed into the bloodstream. This allows your digestive system to exert its energy on ridding the body of built-up waste and toxins.



Blending

Blenders combine all ingredients. When making a smoothie, whole fruits and vegetables are blended, so all the fiber goes into your body. The insoluble fiber helps slow digestion, which keeps you full longer.

Nutrient Release Speed

The nutrients are highly concentrated in juices, allowing for quick and easy absorption. Faster nutrient release may be helpful to give you a quick boost of energy before or after exercise or to quickly replenish nutrients when you're not feeling well.

The insoluble fibers in smoothies allow for a slower, more sustained energy release. This may be helpful when you're looking to curb your appetite between meals or keep your blood sugar balanced.

Nutrient and Antioxidant Absorption Rates

Since there's no fiber in juices to slow down the absorption process, all the nutrients and antioxidants go directly into the bloodstream.

Some of the nutrients in smoothies attach to the indigestible fiber and are shuttled out of the body, leaving fewer nutrients to be absorbed.



Juicing

Produce Requirements

A large volume of produce can go into one 16-ounce juice, allowing you to pack in the produce more easily.



Blending

Certain produce, like avocados, bananas, and figs, can't be juiced but can be blended easily.



JUICING TIPS

- 1| Distinguish between different types.** Choosing the right juice can be confusing as most juices claim the same health benefits. Here are some things to keep in mind:
 - Store-bought pasteurized juices often contain artificial flavors, additives, and preservatives to extend shelf life. They contain little to no nutritional benefits and often contain as much sugar as soda.
 - Store-bought prepackaged raw juices are a great option when you're in a time crunch. Read labels and look for words like *raw*, *organic*, and *unpasteurized*. There are some potential risks to raw and unpasteurized juices, especially for infants and young children, pregnant women, older adults, and anyone with a weakened immune system.¹
 - Homemade or freshly made juices are the freshest juices available. They will also save you money in the long run and allow you to get creative with your juice recipes! Opt for organic ingredients whenever possible.
- 2| Drink it fresh.** Fresh juice can develop bacteria rather quickly, so to be safe, don't wait. Vitamins and minerals can be destroyed with increased exposure to air and light.
- 3| People cannot live on juice alone.** Juicing is a great way to add extra nutrients and minerals into your diet, but there is typically little protein, fat, or fiber. Your digestive system was created to work. A rest now and again is fine, but just as the mind must be kept active to keep it working at a high level, bodily processes like digestion need to be used.

- 4| **Make use of the pulp.** Cleaning your juicer may be inconvenient, but instead of throwing away your leftover pulp, consider putting it to good use. Pulp can be added to garden compost or repurposed in your favorite dishes.²
- 5| **Be adventurous with your produce selections.** One of the biggest benefits of juicing is that it allows you to consume a variety of fresh fruit and vegetables. Next time you shop, choose something you've never juiced before and try it out.
- 6| **Choose high-quality produce.** Going organic can be more expensive, but it's a health investment that pays off long-term. Prioritize your organic purchases using EWG's Clean Fifteen™ and Dirty Dozen™ lists.
- 7| **All juices are not created equal.** Vegetable juices are nutrition powerhouses. Although an excellent source of vitamin C, fruit juices are high in naturally occurring sugars and should be consumed less often. If you're new to juicing, try adding apples, pears, lemon, or ginger to help make your vegetable juice more palatable. Slowly work toward a 3:1 ratio – three vegetables to one piece of fruit.
- 8| **Consider the container.** When purchasing bottled juices, look for glass bottles when possible to avoid chemicals that can leach into your juice. If you do purchase juices in plastic bottles, make sure they're BPA-free.

TYPES OF JUICERS

When researching the right juicer, there are three to choose from: twin-gear, masticating, and centrifugal.

Twin-gear juicers are the most powerful and can be used to make nut butters and ice cream. Juices stay fresh for up to 72 hours once refrigerated in a sealed container; however, twin-gear juicers tend to be the most expensive.³

Masticating juicers extract more juice as they operate at slower speeds, so you get more nutrition per glass. Nutrients don't oxidize as quickly, so juices can be stored in a sealed container for up to 24 hours.

Centrifugal juicers are the easiest to clean and are generally the cheapest; however, the fast processing oxidizes nutrients more quickly, causing your juice to lose some of its sass before getting to your glass.



JUICE RECIPES

The beauty of juicing is that you can use almost any fruit or vegetable – with only a few exceptions. Thankfully, the “un-juiceables” make up a short list: avocados, bananas, and citrus peels. Avocados and bananas have low juice content and are better suited for blended smoothies. Citrus peels contain ingestible oils that aren’t great to consume. You can juice the peels of smaller citrus fruits, such as lemons and limes, but never more than half as the citrus oils may overwhelm the digestive system.

REVITALIZE



Prep time: 10–15 minutes



Juicing time: 2–3 minutes



Servings: 2

Ingredients

- 1 cup spinach or kale
- 2 celery stalks
- 1/2 large cucumber
- 1 apple, cored
- Handful of parsley
- 1/4 lime
- 1/4 lemon

Directions

1. Wash all produce well.
2. Prepare produce by cutting into pieces that are small enough to fit in the top of juicer.
3. Add one ingredient to juicer at a time.
4. Pour juice into a glass and drink immediately, or refrigerate in a well-sealed container.

IMMUNIZE

 **Prep time:** 10–15 minutes |  **Juicing time:** 2–3 minutes |  **Servings:** 2

Ingredients

- 1/2 small pineapple, peeled and cored
- 1 large orange, peeled
- 2 large carrots, with greens removed
- 1/2 inch ginger root
- 1/2 lemon

Directions

1. Wash all produce well.
2. Prepare produce by cutting into pieces that are small enough to fit in the top of juicer.
3. Add one ingredient to juicer at a time.
4. Pour juice into a glass and drink immediately, or refrigerate in a well-sealed container.



HYDRATE

 **Prep time:** 10–15 minutes |  **Juicing time:** 2–3 minutes |  **Servings:** 2

Ingredients

- 1 cup romaine lettuce
- 1 apple, cored
- 2 cucumbers
- 1/4 lemon

Directions

1. Wash all produce well.
2. Prepare produce by cutting into pieces that are small enough to fit in the top of juicer.
3. Add one ingredient to juicer at a time.
4. Pour juice into a glass and drink immediately, or refrigerate in a well-sealed container.



ENERGIZE

 **Prep time:** 10–15 minutes |  **Juicing time:** 2–3 minutes |  **Servings:** 2

Ingredients

- 1 beetroot, with greens removed
- 2 carrots, with greens removed
- 2 celery stalks
- 2 plum tomatoes

Directions

1. Wash all produce well.
2. Prepare produce by cutting into pieces that are small enough to fit in the top of juicer.
3. Add one ingredient to juicer at a time.
4. Pour juice into a glass and drink immediately, or refrigerate in a well-sealed container.



DETOX

 **Prep time:** 10–15 minutes |  **Juicing time:** 2–3 minutes |  **Servings:** 2

Ingredients

- 1 cup kale or romaine
- 1 cucumber
- 1 bunch dandelion greens
- 1/4 lemon
- 1–2 garlic cloves, peeled
- 1/2 inch ginger root

Directions

1. Wash all produce well.
2. Prepare produce by cutting into pieces that are small enough to fit in the top of juicer.
3. Add one ingredient to juicer at a time.
4. Pour juice into a glass and drink immediately, or refrigerate in a well-sealed container.



FOOTNOTES

- 1| Newgent, J. (2018). The juicing trend – about raw juice. *Academy of Nutrition and Dietetics*.

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- 2| 101 ways to use juicer pulp (okay, actually just ten). (2012, June 11). [Blog post] Plan to Eat.

Retrieved from www.plantoeat.com/blog/2012/06/ideas-for-using-juicer-pulp-or-what-do-i-do-with-this-stuff

- 3| Carr, K. (2011). *Crazy sexy diet*. Guilford, CT: Skirt!.