

SAMPLE –Dieters - Juicing -Article

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What Dieters and Weight Watchers Should Know About Juicing

I have come across reports that suggest drinking fruit and vegetable juices is akin to drinking soda and can lead to weight gain. This is untrue and dieters can vouch that juicing is excellent for weight management and a great supplement to the traditional water detox regime.

Juicing doesn't mean that you must subsist only on squeezed fruits and vegetable pulp - the idea is to incorporate fresh fruit and vegetable juice as part of your overall diet- one that provides all essential nutrients, yet keeps those calories in check. Combine this with regular exercises/workouts and your weight loss program can become really effective.

Juices are part of a healthy diet plan, suppress your cravings and keep acidity in check

When you drink fresh fruit/vegetable juice, you provide your body with valuable nutrients and at the same time hardly add any calories or fat. Juices contain almost all essential vitamins, minerals and enzymes required to provide energy and to maintain a healthy immune system.

Fresh vegetable juice acts as a healthy appetite suppressant. Vegetable juice also curbs craving for unhealthy food. A glass of fresh vegetable juice just before a meal can help reduce your hunger. Drinking vegetable juice also helps in stabilizing your blood sugar levels and these juices contain 50% less calories than those present in fruit juices – so your calories intake is minimal. I would recommend drinking carrot juice when a food craving sets in as this can significantly suppress your craving.

Fresh vegetable juice can also reduce body acidity. High levels of acidity can lead to weight gain. Both vegetable and fruit juices have alkalizing effects that balance body pH and thereby help reduce the amount of fat in the body.

Benefits offered by different fruit juices

- Orange juice aids digestion, boosts the immune system and has a calming effect on the nervous system. Starting the day with orange juice, i.e. for breakfast is something that all health conscious individuals must consider.
- Apple juice is good for the liver, effective in treating diarrhea and soaks up LDL (bad cholesterol). Remember to juice apples with the peels, which are good sources of Vitamin C.
- Blackberries are rich sources of Vitamins E and C, making them excellent antioxidants. Blackberry juice is a great option not just for dieters but diabetics too.

- Lemon juice is a great detoxifier and excellent for the skin. Avoid making juice out of unripe lemons or those with green skins.

Making delicious juices and smoothies at home

Juice makers are available at relatively cheap prices – a juice machine and fresh fruits/vegetables are all you need to make your home-made juices and smoothies. Ensure that the fruits and vegetables are fresh. Wash them thoroughly before peeling and try to use them as fresh as possible, i.e. those that haven't wilted or been refrigerated for a long time.

When you make lemon or grapefruit juice, remove the seeds first before squeezing out the juice or you may end up with bitter tasting juice. Cut the vegetables/fruits into appropriately small sizes to fit your juice machine and consume the juice within a few hours to up to a day.

You can consider adding ice cube or cold water for a colder, more refreshing juice. For fruit smoothies, the best liquid base to go along with the cut fruit is yoghurt. If you want, you can even add a dash of honey for added nutrition.