



Fruit and Veg for Juicing

I don't eat greens, I don't eat much fruit either (unless I'm feeling guilty). For all of my life I've been neglecting my body from precious vitamins and minerals that are key for healthy function. Remember your body is like a machine, it needs fuel, if the fuel is dirt then it won't last.

I am trying to introduce whole greens into my diet, and I'm doing ok, step by step, bit by bit. But I do juice from time to time for nutrients and as a snack.

So in response to some of you looking to juice or make smoothies, I've done some research to give you a bit more info on common ingredients. Normally when I use my nutribullet, I do 3 parts veg and one part berries to sweeten it, and I use water to thin it out with the occasional drop of cranberry juice (for bladder function).

Juicing is a great way to get good vitamins into your system and curb hunger cravings. However once you liquidise a fruit or veg, you're taking out all of the fiber, thus increasing the sugar content (which is why I use foods very low in sugar in their solid form) There are articles out there that slam juicing, saying its a fad and pointless. However in my opinion, if you're choosing a home made juice (with bits!!) instead of milky tea/coffee with 3 sugars and a bar of chocolate, it's obviously nutritionally the better option.

Remember, don't over indulge on anything and I do not recommend juicing as a meal replacement.

If you're interested in taking a juice fast, check out **Fat, Sick & Nearly Dead** available on Netflix and YouTube, but do check with your doctor or dietician beforehand if it's OK to go ahead with it. I personally lasted about 4 hours before I caved and made hot soup instead of juice!

You can also have a look at this free book on the iBooks Store: "*40 Juicing Recipes For Weight Loss and Healthy Living*" by Jenny Allan (nutrient info below is quoted from the book unless otherwise in *italics*, the calorie and macro content I researched from other sources)

Watermelon

Watermelon is cholesterol-free, high in water content, low in sodium and very rich in anti-cancer phytochemical lycopene. Watermelon will help you retain much needed water without making you feel bloated.

152g Calories 46. Carbs: 11g Fat: 0.2g Protein 0.9g

Lemon & Lime

Add ¼ lemon fruit and another ¼ lime to make your juice more tangy and citrusy. Remember that adding fresh lemons to your juice will help increase weight loss because the citric acid in lemons helps regulate the body's metabolism and sugar absorption.

Lemon Calories: 12 Carbs: 4g Fat: 0 Protein: 0.1g

Apple

Apples are terrific for everyday juicing because they are rich in pectin, an enzyme that removes toxin in the intestines.

Calories 53 Carbs: 14g Fat: 0.2g Protein 0.3g

Orange

Oranges are packed with virus-fighting Vitamin C, relieve constipation and help inhibit kidney ailments.

Calories: 47. Carbs: 11.75g Fat: 0.1g. Protein: 0.9g.

Kiwi

Kiwis are rich in antioxidants and strengthen the immune system. Kiwis contain more Vitamin C than oranges, as much potassium as bananas and high levels of appetite-suppressing fibers—truly a weight loss gem!

Calories: 61 Carbs: 14g Fat 0.5g Protein 1.14g

Kale

Called the “queen of vegetables,” kale is a powerhouse of phytonutrients and vitamins A, C and “and K that are excellent antioxidants. Kale contains more calcium than milk, more iron than beef and ten times more Vitamin C than spinach.

80g Calories: 40. Carbs: 1.4g Fat 1.6g Protein: 3.4g

All green vegetables effectively clean the digestive tract and the blood.

Broccoli

Rich in foliate, manganese and vitamins A and K, broccoli is an excellent vegetable for losing weight because it is high in fiber and very low in cholesterol. You can help yourself with almost an unlimited serving of raw broccoli and you will feel satiated without having to gain hard-to-burn calories!

Calories 34 Carbs: 6.64g Fat: 0.3g Protein: 2.8g

Pepper

Unknown to many, bell peppers are actually a good source lycopene, beta carotene, potassium and fiber. Bell pepper increases your metabolism, controls your appetite and suppresses your craving for sweets.

Calories 18 Carbs: 4.3g Fat: 0.1g Protein 0.9g

Carrot

Carrots are an excellent source of beta carotene, calcium, iron, magnesium, potassium, riboflavin and vitamins A and C. Carrots are high in polyunsaturated fats or good cholesterol. Carrots are also rich in fiber, which helps speed up the body's metabolism and prevents it from storing energy as fat.

Calories 26 Carbs: 4.9g Fat: 0.3g Protein: 0.6g

Spinach

When consumed raw, spinach is an excellent source of foliate, manganese and vitamins A and K. Spinach is high in fiber and low in fat, sodium, cholesterol and protein.

Calories: 23 Carbs: 3.6g Fat:0.3g Protein: 2.86g

Chia Seeds

Aside from packing in heaps of vitamins, minerals and fiber, chia seeds are also full of the health fat omega-3 fatty acid and proteins that serve as antioxidants.

1oz Calories 138 Carbs: 12g (10g of that is fibre) Fat 9g Protein 4.7g

Banana

Aside from potassium, bananas are also rich in *magnesium (for joints and muscles)* Vitamin C and Vitamin B6. Bananas are high in resistant starch, a type of fiber found in carbohydrate-rich foods, that enhances fat burning.

1 Small 81g Calories 72 Carbs: 19g Fat: 0.3g Protein 0.9g

Avocado

Avocado is rich in monosaturated fat, which makes it an ideal replacement for foods with high harmful levels of saturated fat that is harmful to your health. Avocado is also abundant in vitamins and nutrients, including beta-sitosterol, a nutrient that helps in maintaining a healthy blood cholesterol level and also promotes prostate health in men.

225g Calories: 200 Carbs: 1.9g Fat: 19.5g Protein: 1.9g

Peach

Because peaches are sweet, they are good a substitute for sweets like chocolates, ice cream and candy. Best of all, a peach packs loads of vitamins

C and K, phosphorous, magnesium and calcium.

130g (small) Calories 51 Carbs: 12g Fat: 0.3g Protein: 1.2g