

## **Fruit Juices** (Beverages)

**Interesting facts:** Juicing fruits is a great way to get vitamins and minerals in your diet. The best juice is made fresh and consumed within 15 minutes of being juiced. May be consumed 15-20 minutes before a meal to help aid digestion in some people.

**How to select:** Best is to juice using a low gear or masticating juicer. This allows you to juice and store the juice in the refrigerator for 24 hours.

**What to avoid:** Conventional fruits and fruit juices whenever possible and any that are listed on the EWG's Dirty Dozen list if they are not organic.

**How to store:** To store juices for later, carefully pour the juice into a thermos flask, or an air-tight glass jar while the juice is still cold. Fill the juice to the brim, leaving very little space for air as the oxygen in the air can oxidize the juice. If using a glass jar, wrap the glass jar in aluminum foil to block out the light, and store it in the refrigerator for no more than 24 hours. Light destroys enzymes.

**How to consume:** Fruit juices are just the fruit without the pulp. The juice can be diluted with water and should be consumed in small amounts of 4 ounces prior to a meal. Juice blending is taking the whole fruit and placing it in a blender often adding it with other ingredients making smoothies and freezing to make frozen deserts, etc.