EVERYTHING YOU EVER WANTED TO KNOW AND MORE ABOUT JUICING AND SMOOTHIES
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Commercial Break

https://www.youtube.com/watch?v=C9jiHsdDcfl&feature=player_detailpage
Agenda

- Smoothies & Juicing
  - What is it?
  - Pros? Cons?
- Commercial vs. Homemade
- Juicing & Cancer
- Tips!
What is a Smoothie??

Combine fruits, vegetables without changing fiber or nutrient content.
Smoothie Pros

- Relatively inexpensive
- High in fiber & nutrients
- Thicker = satiety
- High in antioxidants
- Be creative with healthy ingredients!
Smoothie Cons

- Risk of calorie overload
- Risk of sugar overload
Juicers extract juice from fresh fruits & veggies by chopping, spinning, grinding to extract the juices.
Juicing Pros

- Quickly & easily digested and assimilated
- Hide vegetables in fruit juices
- Pack lots of fruits & veggies into a single juice
- Juices are calorie controlled
Juicing Cons

- Expensive
- Hassle & Time
- Removal of fiber
- Poor meal replacement
Commercial

- Thinner
- Higher calorie
- Smoothies:
  - Purees & juices
  - Protein isolates
  - Fiber
- Added vitamins & minerals because lost in processing

Homemade

- Whole ingredients
- Control over calories
“I’ve heard juicing is an important part of a cancer-fighting diet, should I be juicing?”

- If there is difficulty chewing, swallowing, or digesting
- 1st 5 serving of fruits/veggies should be whole foods (not juice)

From: Academy of Nutrition & Dietetics: Oncology Nutrition.
Caution!

- Risk of:
  - Malnutrition
  - Bowel complications
Tips!

- Focus on veggies
- Drink what you’d eat
- Go Pro(tein)
- Embrace variety
- Count crucifers
- EMBRACE VARIETY!
Questions?
References

- Academy of Nutrition & Dietetics
- Food Republic
- Laura Williams, MS Exercise Physiology & Sports Science
- American Institute for Cancer Research
- Mayo Clinic
- Vitamix
- Washington.edu