

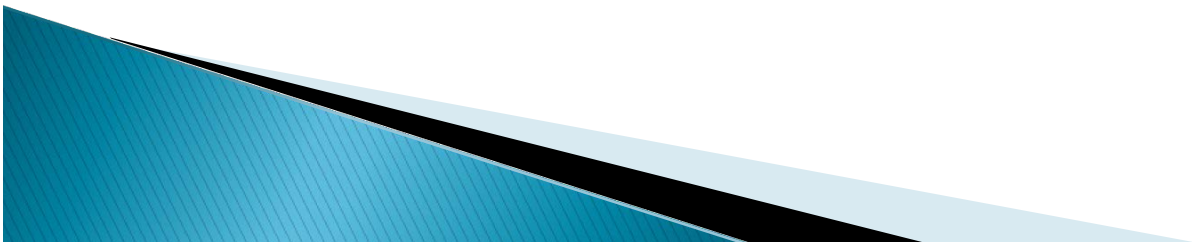
# EVERYTHING YOU EVER WANTED TO KNOW AND MORE ABOUT JUICING AND SMOOTHIES





# Betty Paul, RD

Good Samaritan Hospital  
Inpatient/Outpatient Oncology



# Commercial Break

- ▶ [https://www.youtube.com/watch?v=C9jiHsdDcfl&feature=player\\_detailpage](https://www.youtube.com/watch?v=C9jiHsdDcfl&feature=player_detailpage)



# Agenda

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







## 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







# What is Juicing?

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



# Juicing & Cancer

- ▶ “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
  - 1<sup>st</sup> 5 serving of fruits/veggies should be whole foods (not juice)

From: Academy of Nutrition & Dietetics: Oncology Nutrition.

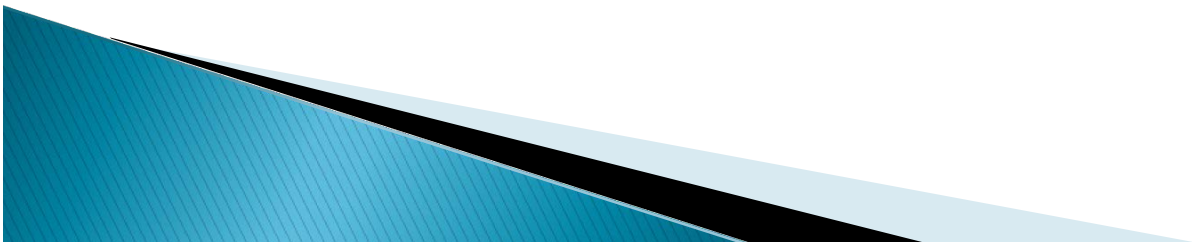




# Caution!

Free Photoshop PSD file download - Resolution: 1280x1024 px - www.g

- ▶ Risk of:
  - Malnutrition
  - Bowel complications

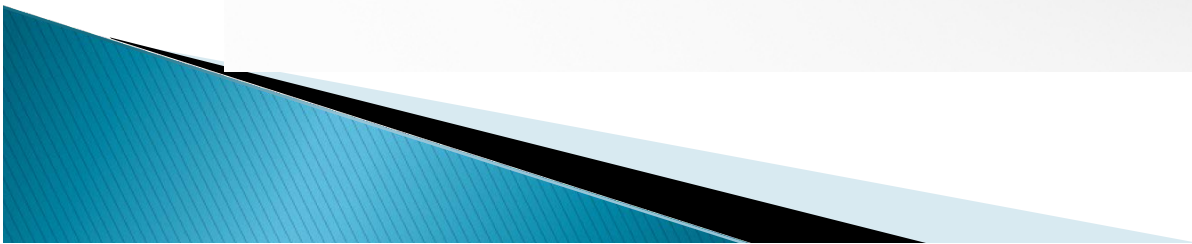
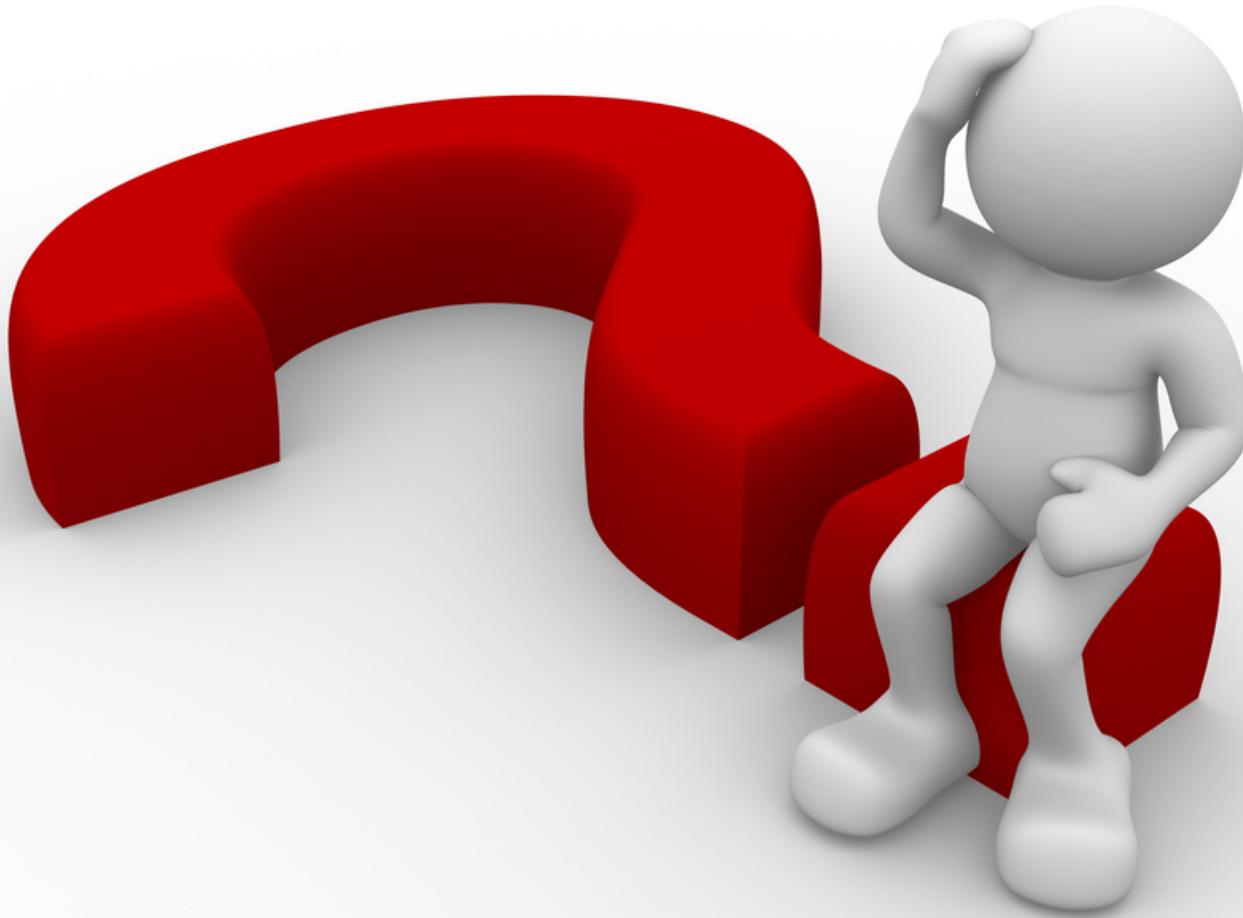


# Tips!

- ▶ 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

