Juices and Juicing

If you're a big juice drinker, cut it out!

Bigger Nutritional Principle. Eat Fruit Instead! See link

Juice essentially is water and sugar.

12-ounce bottle of grape soda has 159 calories, while grape juice packs 228 calories.

Even more problematic is that, according to the CSPI (see link), the brain's satiety center does not register liquid calories — meaning, drinking juice will not release signals that make you feel full.

No published research currently supports the safety or efficacy of juice cleanses or fasts. Some types of juices are associated with health benefits, but more research is needed to determine cause-and-effect (see article).

Solution: Eat the whole fruit or blend the whole fruit minus the seeds

My client lost 30 pounds by removing all calorie beverages, including juice, from her diet. Smoothies are ok because fiber was not removed, in other words you are eating the whole fruit. But remember fruit has calories too.