



Healthy Eating Initiative: The Benefits of Juicing or Blending Fruits and Vegetables

Fruits and vegetables supply the body with vitamins and minerals that function as antioxidants, anti-inflammatory agents, and dietary fiber. A healthy balance of fruits and vegetables in a daily diet, plus regular exercise and water intake, is linked to lower incidence of cardiovascular disease, obesity, and other chronic illnesses. Some people find it difficult to get the recommended number of fresh fruits and vegetables into their daily diet. Others may even have difficulty accessing fresh foods in general. Juicing or blending fresh or frozen fruits and vegetables a convenient way to increase your intake.

The process of juicing extracts the juice from fruits and vegetables, where blending liquifies the whole fruit into a drinkable form typically with the aid of additional liquids. Juicing strips away most of the solid matter, including the seeds, pulp, and skin from whole fruits and vegetables, leaving the thin, drinkable liquid which does not fill you up. Blending fruits and vegetables into a smoothie may ensure the ingestion of nutrient-rich fibers which take longer for the body to digest. Be mindful that fruit juices and smoothies should not be used as a meal replacement, and it is wise to consult with your healthcare provider about any shifts in your diet.

What are some benefits of juicing or blending fruits and vegetables?

1. Juicing (or blending) allows the consumption of a **broader range of vegetables** at one time.
2. Introduce **good bacteria** to the gut. Prebiotics, which promote healthy digestive systems, occur naturally in many fruits and vegetables like apples, bananas, berries, and green vegetables.
3. Consuming **anticancer nutrients**. Cruciferous vegetables like broccoli, cauliflower, and kale contain vitamin C, vitamin K, manganese, and sulforaphane, a plant compound with potential anticancer properties, and they are relatively tasteless when blended with fruits.
4. **Lower high cholesterol**. Juicing or blending dark greens, cucumber, celery, ginger, bitter melon, and lemon may help to lower cholesterol.

Additional Resources:

- Mayo Clinic: <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-juicing-can-help-increase-your-fruit-and-vegetable-intake/>
- Medical News Today: <https://www.medicalnewstoday.com/articles/best-vegetables-to-juice#health-benefits>
- National Library of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3649719/>
- Department of Health and Human Services: <https://www.hhs.gov/sites/default/files/disease-prevention-wellness-report.pdf>

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