

Juicing Fruits and Vegetables at Home

Why should people juice fruits and vegetables?

For your body to stay healthy, you should eat five to nine servings of fruits and vegetables each day. Because it is easy and tasty, juicing fruits and vegetables can help you reach this goal.

Juicing may help you eat fruits and vegetables that you do not want to eat. This may be the case if cancer or its treatment has changed your sense of taste or made it hard to swallow. You only need to drink ½ cup of juice (4 ounces) to equal one serving of fruits or vegetables.



Juicing is an easy way to add a variety of nutrients to your diet.

Juices also provide more vitamins, minerals and phytochemicals than the whole form of fruits and vegetables. Phytochemicals are found in plants and help the body fight diseases, such as cancer. Juices also have more calories than the whole form of fruits and vegetables. Keep this in mind if you are trying to lose or maintain your weight.



Check with your health care provider to make sure juices from raw fruits and vegetables are safe for you.

Getting Started

Fresh juices are better than store-bought juices because they have more types of nutrients. Juicing your own fruits and vegetables can be simple. The following tips will help you get started.

- Use a juicer, not a blender, to make juices. Select a juicer that keeps all skins and pulp within the juice. Many nutrients are in the peel and pulp of fruits and vegetables. If your juicer does not have this option, you can use the discarded peel and pulp for cooking. It can be pureed for use as a soup base or in baked goods.
- Select fresh fruits and vegetables without holes or bruises. (If possible, buy organic produce. For more information on organic foods, ask for a copy of “Organic Foods: What are they?”)
- Wash all fruits and vegetables thoroughly. You can use a fruit and vegetable soap, which grocery stores usually sell in the produce section. You can also use a mild solution of Ivory® soap and water.
- Keep carrots, tomatoes and apples on hand. These are useful to lessen the strong flavors of many other vegetables.
- After blending, drink juices right away. You should not store them for more than a few hours, even in the refrigerator.

- Drink the juices slowly, experiencing the taste in your mouth, and gradually swallow.
- Some fruits and vegetables are better for juicing. The following list has examples of fruits and vegetables that are easy to juice and taste great.

Best Fruits and Vegetables for Juicing

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|--------------------|---------------|----------------|
| • Bell peppers | • Cauliflower | • Tomatoes |
| • Parsley | • Carrots | • Apple |
| • Kale | • Cabbage | • Strawberries |
| • Broccoli | • Beets | • Pears |
| • Spinach | • Pineapple | • Oranges |
| • Celery | • Cantaloupe | • Grapes |
| • Brussels sprouts | • Watermelon | |

Recipes

Brassica Blend

Brassica vegetables are also known as “cruciferous” vegetables. They are high in vitamins K, C and A, are rich in fiber and contain calcium. In addition, several phytochemicals are found in brassica vegetables that have been shown to protect against cancer in some studies.

- 3 kale leaves
- 1/2 cup broccoli florets
- 1/2 head cabbage, cut into 4 pieces
- 2 medium carrots
- 2 small apples, cored and cut into wedges

Juice all of the ingredients together.

Veggie Medley Juice

This is a perfect juice for a busy lifestyle. It is loaded with a variety of vegetables, roots and herbs. The range of vitamins, minerals and phytochemicals in this recipe cannot be beat.

- 6 medium carrots
- 1 beet (with greens)
- 3 large tomatoes
- 1 to 2 large handfuls spinach
- 1/8 head cabbage
- 2-3 kale leaves
- 1/2-1 red bell pepper
- 1 large celery stalk
- 1/4 yellow onion
- 1/2 clove garlic
- 1/2 bunch parsley (optional)
- (Spices, such as chili powder, turmeric, etc., can be added if desired.)



When buying kale, choose smaller leaves for a milder flavor.

Juice all of the ingredients together. Stir in spice, if desired.

Beets may color your urine or stool dark red for a short period of time after eating.

Ginger Refresher

Ginger root may help reduce nausea that happens during chemotherapy or other cancer treatments. Gingerol, a substance in ginger, is also being studied to understand its cancer-fighting properties.

- 1/2 inch slice ginger root with peel
- 1/2 pineapple, skin on, and cut into wedges

Juice all ingredients together.



When buying ginger, make sure it is firm, smooth and free of mold.



Ginger may thin the blood. If you take a blood-thinning dietary supplement or medicine, talk with your doctor, nurse or dietitian to make sure this drink is safe for you.

Regularity Mix

Plums naturally contain fiber, sorbitol and phenolic compounds. All are believed to contribute to their mild laxative effect.

- 2 plums
- 2 small apples or pears, cut into wedges
- 1-2 teaspoons of ground flax seeds or psyllium husk for additional fiber (optional)

Juice all ingredients together. Stir in ground flax seed or psyllium husk to prepared juice, if desired.

Red Mix

Beta-carotene is a phytochemical and is converted by the body into vitamin A. Vitamin A helps maintain eye health and reduces cancer risk.

- 1 beet (with greens)
- 1/2 medium sweet potato, cut into wedges
- 3 medium carrots



Beets add a sweet taste to juices.

Juice the ingredients, one at a time, in the order listed.
This recipe provides about 1400mg of potassium.



This juice is high in sugar and people with diabetes may need to drink less than the full recipe to avoid high blood sugar. Beets may color your urine or stool dark red for a short period of time after eating.

Potassium Punch

Potassium is a key factor in maintaining brain and heart health.

- 1/2 bunch parsley
- 1 large handful spinach
- 4 medium carrots
- 2 large stalks celery
- 1 medium tomato, cut into wedges

Juice parsley first, using a carrot to push the bunch through the juicer. Repeat with the spinach. Juice the remaining ingredients one at a time. This recipe provides about 1,850 milligrams of potassium.



Red Mix and Potassium Punch should be used with caution in patients with kidney disease or patients who are taking a class of prescription medicines for high blood pressure called ACE inhibitors. These include captopril (Capoten[®]), zofenopril (Dolasetron[®]), enalapril (Vasotec[®], Renitec[®]), ramipril (Altace[®], Tritace[®], Ramace[®], Ramiwin[®]), quinapril (Accupril[®]), perindopril (Coversyl[®], Aceon[®]) benazepril (Lotensin[®]), and fosinopril (Monopril[®]).
Let your physician know if you are planning to use these recipes

Resources

For more information, contact the Integrative Medicine Clinic at 713-792-6072.