

# Bright Ideas for Your Healthy Juicing



- ➔ Tips for Healthy Juicing  
*plus*
- ➔ Tips for Juicer use and care  
*plus*
- ➔ Extra "Pro" Tips

Hello everyone,

In this PDF you'll find a selection of great tips to help you with healthier, easier, quicker juicing!

We've added some for machine use and care, and also some "pro" tips — the "why didn't I think of that before!" kind.

(Totaling 26)

Hope you like this!

Sharon



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## PART 1

These are some of our most recommended tips for healthy juicing.

Do not make the mistake of rushing through them: Take your time thinking about each one, and you'll see their individual importance — some, here, really are the foundation of healthy juicing!



1

## Use organic produce as much as possible.

These contain more nutrients because of the good soil.

The core of organic farming and nutrition is that food production is based on the ecological carrying capacity of the immediate environment, without fertilizers and pesticides and with respect for animals and nature.

The chemicals hurt your metabolism, and this can cause all kinds of problems, with weight gain being just one of them!



2

## The fresher the better

Don't keep your fruits and vegetables too long.

From the time of harvesting, the fruit or vegetable starts losing some of its nutritional value.

To extract the the most nutrition, buy and use them in small batches.

It's better to buy your fruits and veggies two or three times a week, than buying once and storing for the whole week, for example.





3

## Thoroughly wash the fruit and vegetables.

Even if it is of organic origin, these fruits and vegetables also contain bacteria and soil.

Then dry the fruits and vegetables before putting them in your juicer: Wet foods are somewhat harder for the machine to process.

4

## Organic? Use the peels too!

You don't need to peel organic fruits and vegetables when juicing in a slow juicer. Their peels can be processed perfectly by these machines.

The peel actually contains many nutrients and good fiber!

Remove the seeds though, as some may contain toxins.

If you're going to peel fruits because they give a strong taste (like lime, lemon, orange...) leave the white under-skins on. These are a source of vitamin C and other nutrients.





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## What's the best veggies to fruit ratio?

The healthiest juice / smoothie consists of around 80% vegetables and 20% fruit. This amount of fruit adds enough flavor, but not too much sugar.

This is also a good balance for diabetics.

Some "purists", consider a ratio of 90% vegetables to 10% fruit, the most healthy. The amount of vegetables ensures that you do not get a sugar peak (and, after half an hour, feel like eating something sweet again).

However, if you're going to be burning a lot of calories (like sport activities, or for children playing (running, jumping...)), you can go up to a ratio of 65% vegetables and 35% fruit — and still be on the healthy side!

Note: Sugar spikes  
NOT JUST  
FROM FRUIT:  
Also watch out for  
beets: sugar-wise, think  
of them as sweet fruits!

6

## Spinach? Just occasionally!

Spinach and other dark green leafy vegetables are incredibly healthy. However, they contain a substance that in raw form is not good for you, if you consume too much of it (oxalic acid).

An occasional juice with some spinach is fine, but otherwise make sure to vary it.

Spinach is healthiest when you eat it cooked.



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## Raw Nutrition

A slow juicer gives you the opportunity to get the nutrients from vegetables that you might not normally eat raw so quickly.

Think, for example, of peppers or broccoli.

Try new combinations to make your juice as healthy as possible.

Like with fruit, always use ripe ingredients.

Just mind your quantities and ratios.



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## Almost ready for the compost pile? Not so fast!

It may sound contradictory, but your juices taste best with fruits and vegetables that are a bit on the over-ripe side.

This is because most fruits, at that time, have converted more starch into sugar, which makes them taste sweeter.

They will have a bit less nutrition, obviously, but if they're still good, meaning, the only issue is their looks, they're perfect for juicing.

So the ideal way to avoid throwing these products away is to put them through the juicer.







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## Healthier soups and stews, too! — what?!

Fresh juice also works great as a fresh, healthier alternative to ready-made bouillon cubes for soup.

Carrot juice in particular is very tasty, and adds an entirely new dimension of flavor to your soups, and stews!

And with the option of keeping the fiber (smoothie mode), you'll make your soups thicker at the same time!

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## Inexpensive Juicing

Juicing can be fairly expensive, especially in the winter, when most fruits and vegetables have to be imported.

Remember that it is not at all necessary to juice everyday to enjoy all the benefits.

Juicing every other day also provides many benefits for your health.

It is also not necessary to buy expensive, exotic products: Carrots and apples, for example, are a lot cheaper, but just as healthy as some of the more expensive products!





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## What's the best time to drink juices / smoothies?

It's best to drink your juices in the morning, on an empty stomach. Other than that, between meals.

Juice digests faster than other foods, and consuming juice last (on top of a meal) can cause poor digestion, with all the consequences for your health. This is because your stomach will tend to find it's job finished, and "push" the "half digested" meal to the small intestine.

This tends to also happen with any sugary foods, by the way.

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## Drink your juice or smoothie with a straw!

Why? Repeated exposure to the acids (from citrus, for example) can damage your enamel. Even the fibers, to some extent.

If you want to avoid plastic waste, you can find some alternatives, like stainless steel, natural materials, and even glass ones.





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## Drink your juice / smoothie in small sips

Your body needs time to process the nutrition, do not gulp it at once — give it time!

That's how you make the most of your drink!

When you make your smoothies (or juices on a slow juicer), the good fibers remain intact, which ensures a slow release of energy.



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## You can make your own nut milks at home!

Did you know? Although people generally think mainly about vegetable and fruit juices, you can also use a slow juicer to make your own nut milks at home!

This opens up a whole new avenue of nutrition, taste, variety, convenience, fun, and even savings.







## PART 2

And now you'll have a few tips, more on the juicer use and care side.

These are here to make your juicing more efficient, easy, and enjoyable.



## 1 Make one section of your kitchen your juicing area.

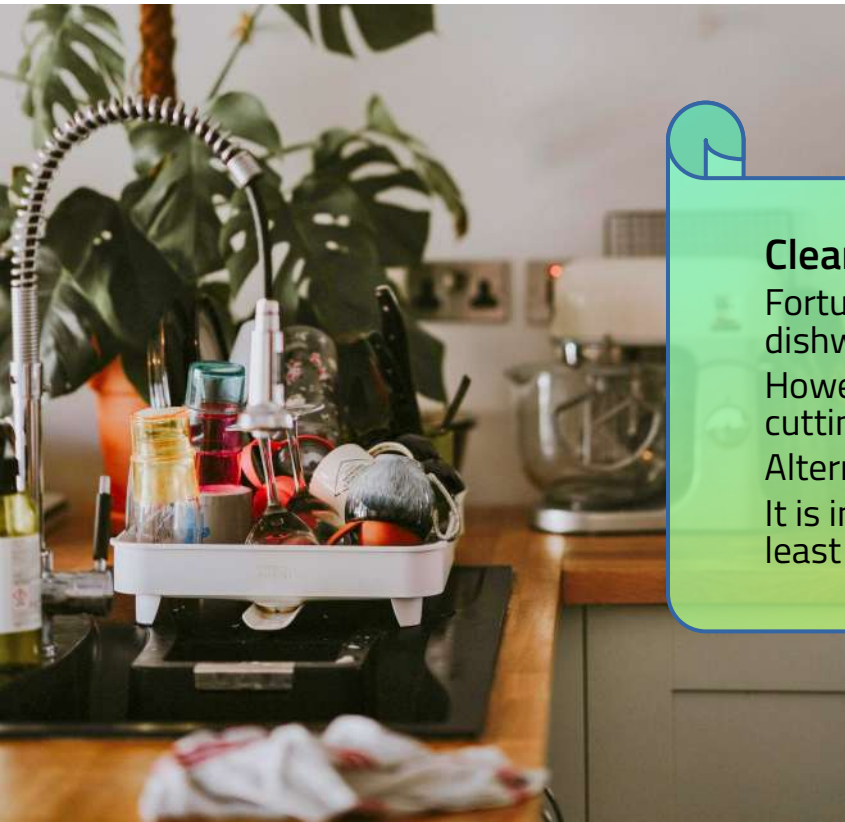
Keep all of your juicing tools here, such as your cutting boards, favorite cups, bowls, peelers, knives and your juice machine.

Keeping all of your juicing equipment centrally located will make it much quicker and easier for you to make your juices.



## 2 Keep your juicing ingredients separated from the rest of the food.

This will make it easier, not only to find (makes things quicker), but also to control your stock — you'll always have a rough idea of how many days your ingredients last (not so if people use them for snacks)!



## Clean properly!

Fortunately, today many components of the juicer can be easily cleaned in the dishwasher.

However, since fruit pulp in particular tends to get stuck in the strainer or cutting blade, you should rinse the parts under running water beforehand.

Alternatively, you can, of course, wash them completely by hand.

It is important to clean the juicer immediately after use — if you cannot, at least soak the components in lukewarm water.

3

## Quicker cleaning:

Line the leftovers container with a small garbage bag, it saves time and effort when cleaning, because the waste can be disposed of immediately.



4





## Use your juicer regularly!

Juicers, specially slow juicers, although not overly expensive, are not a small investment.

Letting the machine sit for extended periods, with no use, can actually be detrimental to it's longevity.

You have not just bought a device for decoration. You should therefore regularly use it, not only to get the benefits, of course, but so that the machine doesn't get any problems from being idle too long (that happens, yes).

If your life currently makes it difficult to juice everyday, or every other day, use it at the weekends.

Remember, you can also use the (slow) juicer for other preparations:

- Make ice cream, and get a healthy refreshment for the summer;
- Make nut milks;
- Etc..

If you really have to store the device for some time, store it like this:

- 1 – Disassemble all the parts normally, like you've just finished juicing, wash and clean the machine thoroughly, do not leave any residue;
- 2 – Completely dry all parts;
- 3 – Store the machine disassembled, in a dry area, in such a way that it may ventilate (do not put it in a closed plastic bag, for example).

This will reduce the chances of moisture condensation (which can be very harmful for the engine and electronics).





## PART 3

And now, for some “pro” tips .

These are some of those, that, sometimes, even seasoned juicers haven’t thought of.

They are the kind of tips and hacks that will solve you some practical problems, in a quick, smart way!



## Don't let that nutrition get away:

1 Some nutrients, like fat-soluble vitamins, need some kind of fat into the meal to get absorbed.

You can solve this problem very easily, and, as a bonus, you'll also improve the flavor: just add a few drops of virgin olive oil, or coconut oil.



## Super-healthy, but you don't particularly like the taste?

Experimenting with different vegetables, even herbs and spices, is a lot of fun. But it can happen that the taste of a smoothie is not quite as you had hoped for.

Especially in the beginning, the taste of some items, or combinations, will take some getting used to. This is mainly because we're used to a sweet taste (most recipes you find online add more fruit than vegetables), so it can take some time to get used to real green juices/smoothies.

2 Here are some ways to get around that:

- 1 - Add two teaspoons of honey, to start with, and gradually reduce the amount over time.
- 2 - Add half a banana, the sweet taste is strong enough to restore at least some of the flavor.
- 2 - Add half an avocado. Avocado, which has a neutral flavor, is also a fine vegetable to make it a little softer and creamier. This way you can get yourself used to the taste of vegetables.

## How to get the feeling of being having a meal:

Your juice/smoothie is ready — now, how about adding texture in your mouth, and crunchiness?

Easy, just add into the cup, any, or a combination of the following:

- 3 ■ Sliced almonds;
- Chopped walnuts or cashews;
- Unsweetened coconut;
- Cacao nibs.



## Simple hack for nutrition, plus flavor!

4 In a hurry? Try this quick, simple hack for a nutritious, delicious smoothie/shake:

You can use just one kind of fruit (apple...) or vegetable (cucumber...). Put your fruit / vegetable in, and add a bag of mixed dry fruit+nuts!!




## Great juice, but rather low on fiber?

- 5 To easily add fiber to your smoothie, simply add about 5 mL (1 tsp.) of flaxseed, chia seeds, hemp seeds, wheat germ or oatmeal.



## Nutrition and refreshment?

- 6 Want a colder drink, but hate the ice cubes floating in it, and waiting for it to get cold? Just add a few ice cubes directly into the machine, together with the food: Not only it comes out already cold, it's evenly cold!



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