

# ALL JUICED UP!

The popular juicing trend promises everything from weight loss to a lower risk of various diseases. We separate the pulp fact from fiction so you can reap the benefits—without falling for the hype. **by MALLORY CREVELING**

**ONCE THE LIQUID FIX** for a fit few, fresh fruit-and-vegetable drinks are now available for the masses, popping up everywhere from mall juice bars to street-corner stands. In stores, brands like Organic Avenue and BluePrint are selling lines of (often pricey) juice cleanses that pledge weight-loss, clearer skin, and the ubiquitous, if vague, “detox.”

DIY juicing is on the rise as well: Extractors comprise one of the fastest-growing kitchen appliance categories, with sales increasing nearly 50 percent over the last year, according to NPD Group, a market research company. Celebrities are fans as well: Salma Hayek, Blake Lively, and Sarah Jessica Parker all swear by the practice. But like most get-healthy-quick strategies, the juicing craze has its pros and cons.

On the plus side, studies show that upping your produce intake can boost your immune system and lower the risk for Alzheimer’s, heart disease, stroke, obesity, and certain cancers. And drinking your fruits and veggies is an easy way to reach your quota of two to four servings of fruit and three to five servings of vegetables per day. “Experimenting with new blends may also introduce you to unfamiliar produce varieties, broadening your sources of vitamins and minerals,” explains Katherine Zeratsky, R.D.N., a nutrition instructor at the Mayo Clinic in Rochester, MN, and SHAPE advisory board member.

Still, like many health fads, the promises are lofty, but the reality is that juicing is not a cure-all. While the idea

## Juice at Home

Here, the best at every price point.



### WALLET-FRIENDLY

The **Krups Juice Extractor** (\$150; [krupsonlinestore.com](http://krupsonlinestore.com)) has a generous 3-inch feed tube, so you’ll do less prep before you juice.



### MODERATELY PRICED

You can put whole fruits and veggies through the **Jay Kordich PowerGrind Pro Vitality Hybrid Juicer** (\$200; [kohls.com](http://kohls.com))—pits, rinds, and all—without making a huge racket.



### SPLURGE-WORTHY

The two-stage system of the **Hurom Premium Slow Juicer/Smoothie Maker** (\$400; [originalslowjuicer.com](http://originalslowjuicer.com)) first crushes food and then slowly presses it, maximizing the amount of juice and nutrients you get.

of a “cleanse” or “detox” may sound appealing, your liver and kidneys already provide a natural detoxing system, says Zeratsky. And though some people do drop a few pounds when they go on a juice fast, they usually regain them—and then some—after going back to solid foods, warns Christine Avanti, an LA-based nutritionist and author of *Skinny Chicks Eat Real Food*. The reason,

So what’s the healthiest way to incorporate juicing into your diet? The first rule, says Zeratsky, is to drink juice as a snack or alongside your breakfast or lunch—don’t treat the drinks as meals on their own, because you’ll miss out on other food groups and nutrients. Also, watch your sugar intake. Read menus and ask about added sugar (even honey), and keep your daily intake

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she says, is that when you use these mixtures as a meal replacement you’re often taking in lots of carbs and very little protein, fiber (found in the pulp and skins), or healthy fats. “This could spike your blood sugar levels and lead to fat storage,” she explains.

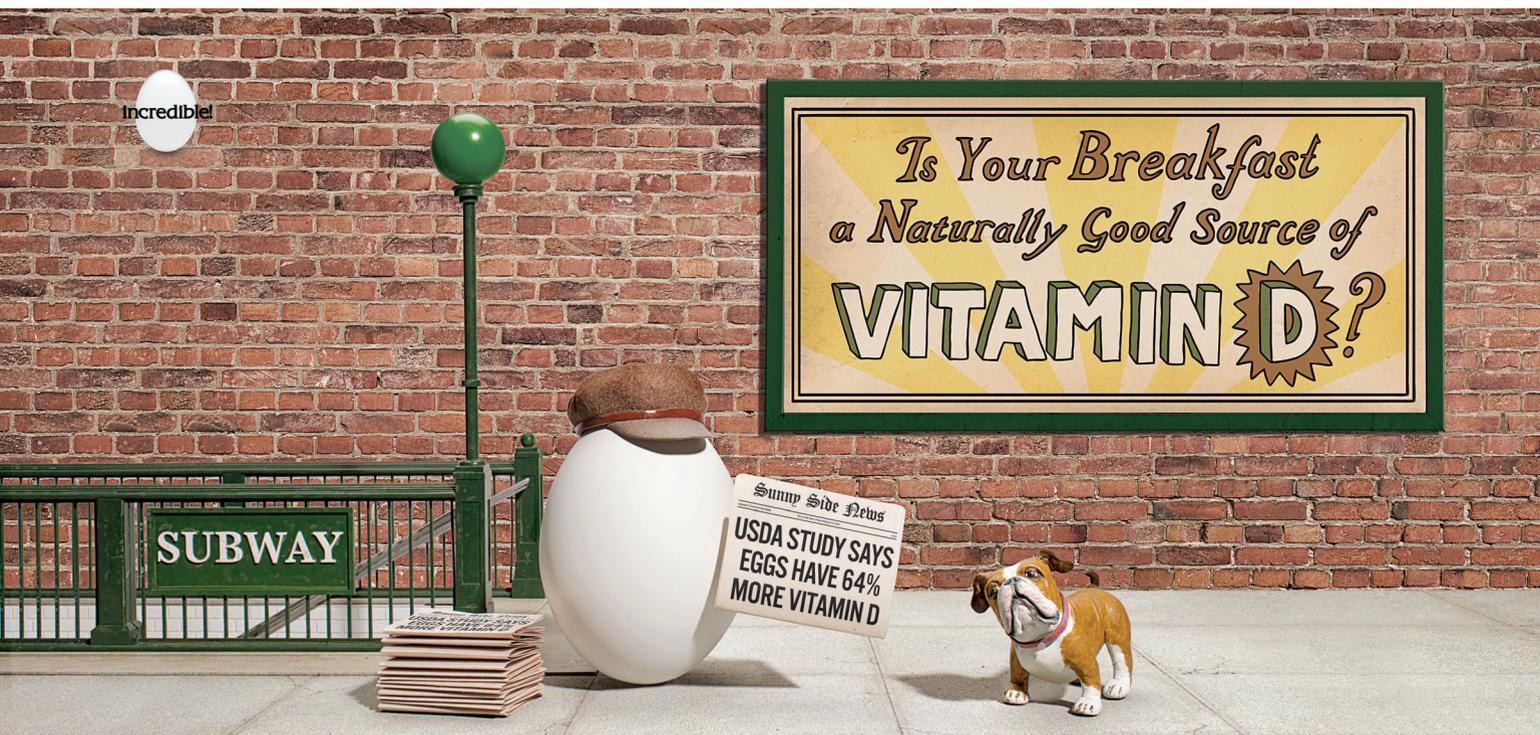
to just 6 teaspoons or less, or about 100 calories. Most green drinks are better choices, as they often contain more veggies and less sugar and calories. Finally, view juicing as an adjunct to an overall healthy diet and active lifestyle, not wellness nirvana in a glass.

- CROWD-PLEASERS**  
The nutritional lowdown on nine of the most commonly used mix-ins.
- ¼ PINEAPPLE  
113 calories, 22g sugar
  - 1 MEDIUM APPLE  
95 calories, 19g sugar
  - 1 ORANGE  
65 calories, 13g sugar
  - 1 BEET  
35 calories, 6g sugar
  - 1 CUP KALE  
33 calories, 0g sugar
  - 1 LARGE CARROT  
30 calories, 3g sugar
  - ½ CUCUMBER  
23 calories, 3g sugar
  - 1 STALK CELERY  
10 calories, 1g sugar
  - 1 CUP SPINACH  
7 calories, 1g sugar



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ROSEMARY CALVERT/GETTY IMAGES



Scan to view Eggs-tordinary Breakfast Recipes from SHAPE and the American Egg Board. Don't have a smartphone? Go to <http://ymmi.cc/97> to view the flip book online.



According to the USDA Nutrient Database for Standard Reference, the average amount of vitamin D in one large egg is 41 IU, up from 25 IU. Brought to you by America's egg farmers.

**WAKE UP TO EGGS**



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# Juice Joints

If you're leaving it up to the professionals, stop by these four hotspots for a variety of tasty choices.

**1. Juice Generation** (above, juicegeneration.com), 11 locations in New York City

**Claim to fame:** One of the first in the business—their original shop opened in NYC's Hell's Kitchen neighborhood in 1999.

**Bestseller:** Supa-Dupa Greens (spinach, kale, apple, parsley, cucumber, romaine lettuce, celery, and lemon)

**Must-get ingredient:** kale—rich in fiber and iron, but very low in calories

**2. Pressed Juicery** (pressedjuicery.com), 14 locations in Los Angeles, Santa Barbara, and San Francisco

**Claim to fame:** Great variety—their menu features more than 40 cold-pressed juice options, compared to the usual dozen or so.

**Bestseller:** Greens 3 (kale, spinach, romaine lettuce, parsley, cucumber, celery, apple, lemon, and ginger)

**Must-get ingredient:** turmeric—an Asian spice with anti-inflammatory properties

**3. JuiceLand** (juicelandaustin.com), five locations in Austin, TX

**Claim to fame:** An energetic vibe—being upbeat is practically a requirement for the always-perky staff.

**Bestseller:** The Fountain (carrot, ginger, beet, kale, spinach, parsley, celery, and wheatgrass)

**Must-get ingredient:** wheatgrass, which is high in chlorophyll and thought to be an immune system booster

**4. Peeled Juice Bar** (peeledchicago.com), two locations in Chicago

**Claim to fame:** They focus on making small batches and using uncommon ingredients like hibiscus flowers or reishi mushrooms.

**Bestseller:** Forever Young (mixed greens, celery, parsley, apple, and lime)

**Must-get ingredient:** pineapple, used to add a bit of sweetness to strong flavors like root veggies and leafy greens

## HOME JUICING HANDBOOK

Here are the top three methods juicers use to pulverize your produce.

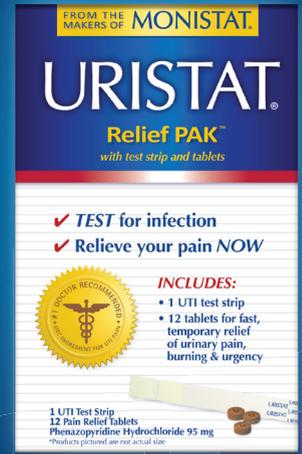
**Hydraulic:** Crushes fruits and veggies into a pulp, then presses them to maximize the liquid yield. Makes so-called "cold-pressed juices," thought to keep more nutrients intact because no degrading heat is generated.

**Masticating:** Similar to the hydraulic press (but on a smaller, more affordable scale), this uses a screwlike mechanism to crush produce and extract juice without producing heat. This type is also known as a slow juicer.

**Centrifugal:** A cutting blade spins at high speed to grind fruits and veggies while pushing the juice out and into a catch bowl. This method produces heat, which may destroy some of the health-boosting enzymes.

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