

Juicing F&V Script

Juicing is the process of taking your whole fruits and vegetables and putting them through a juicer. This extracts the juice or the fluid of the fruit and vegetables. What's left is the pulp or the fibrous substance.

There are pros and cons to juicing. There are also times when it can be helpful.

If someone is going through chemo or radiation treatment, they may have trouble chewing or swallowing. They may have a lot of pain in their mouth, so they can't really chew raw fruits and vegetables comfortably. Juicing is a way to capture more nutrients such as vitamin C and vitamin A in the fruit or vegetable without the discomfort of chewing or swallowing.

One of the cons of juicing is that you lose a lot of the fiber in the fruits and vegetables. Fiber is important for the health of your colon. It reduces your risk for developing colon cancer.

The best way to juice is to use an actual juicer. But some people will use a blender instead to create a smoothie.

Using a blender will keep more of the fiber content.