

# 26 Tips For Healthier Juicing



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Juicing fresh fruits and vegetables provides numerous nutritional advantages that are extremely important to maintain a healthy diet. In addition, diets containing a high percentage of uncooked foods are significantly associated with weight loss, improved blood sugar control, and lower blood pressure. So with a little planning and creativity, juicing could enhance your well-balanced diet and add some zest.

Get your juicing off to a good start with these tips:

1. Use only the freshest produce when juicing at home.
2. Choose organic produce for juicing as it is devoid of pesticides.
3. Most vegetables can be juiced whole, so there is no need to remove stalks or stems.
4. Wash all vegetables and fruits thoroughly before juicing.
5. Ginger adds great flavor and health benefits to juicing, but, keep in mind it is pungent, so, a little goes a long way.
6. Always refrigerate any leftover juice in an airtight container to prolong shelf life.
7. For health, sugar intake control and weight loss use vegetables more than fruits when juicing.
8. Consuming fresh juice in excess can lead to major blood sugar spikes, enjoy in moderation (4 ounces per day) so, juice is not the bulk of your daily caloric intake.

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9. Drink juice with other healthy foods that have fiber, healthy fats and protein for a well-rounded diet that is nutritionally sound and will slow the absorption of sugars from the juice.
10. Limes and lemons add flavor and Vitamin C to juicing with very little sugar and impact carbs.
11. High-powered blenders can reduce whole vegetables and fruits to a smoothie texture, which, unlike juicing retains their fiber content, which reduces blood sugar spikes.
12. Add nonfat yogurt or flaxseed to juices for more balanced nutrition.
13. Low glycemic Green Juice is best for energy throughout the day because it does not cause spikes and crashes in blood sugars. Cucumber, spinach or kale, celery and parsley is a great combination.
14. Juicing is a great way to get kids who refuse to eat vegetables to ingest vegetable nutrients because they can be masked by healthy fruits, like berries and apples. Spinach and strawberries make a great blend.
15. Low sugar and low glycemic index fruits for juicing are: grapefruit, cherries, pears, lemons, limes, cranberries and granny smith apples (in moderation).
16. Stick with green vegetable juice if you want to lose weight, it has much less sugar and is nutrient dense. Kale, spinach, cucumber, parsley, fennel, celery, green cabbage, broccoli, chard, greens and romaine lettuce, use lime and ginger for a zesty punch.
17. Beware that juicing removes the fiber content of fruit, and so that makes the impact of their sugar content much higher than eating whole fruit.
18. Drink fruit juice in moderation, it is loaded with sugar.

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19. Mangos and pineapples are some of the highest sugar fruits and the impact worsens when juicing as the fiber is removed.

20. Wheatgrass is great for juicing, it is a natural detoxifier and it's alkaline.

21. Fennel is great for juicing, it improves digestion and reduces bloating.

22. Add herbs to your juices, parsley, cilantro, and ginger all have health benefits.

23. Garlic, while pungent, is great for juicing because it benefits immune system health.

24. Juicing should never replace eating whole vegetables or fruits.

25. Cucumbers make excellent juice, light, refreshing and beneficial for skin health.

26. Celery is a great juicing vegetable, and it's anti-inflammatory and alkalizing.

27. Beets are great for juicing as they are a natural liver cleanser and an excellent source of iron (perfect for vegetarians).