
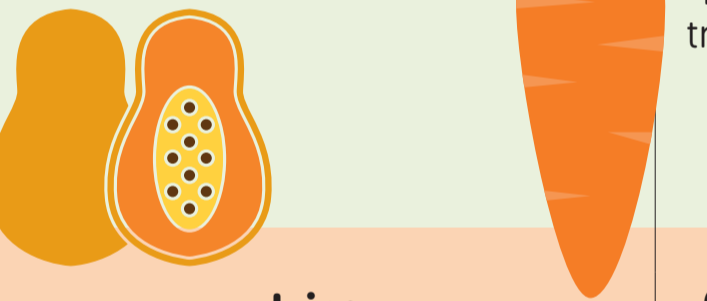



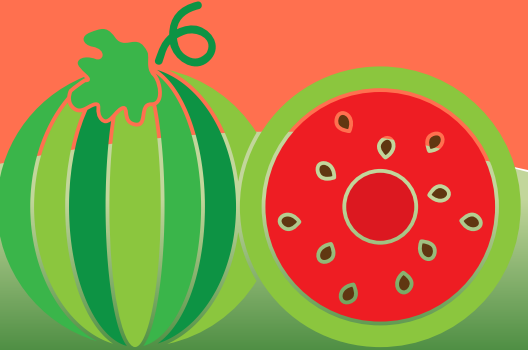


# Prefer to drink your fruit and veggies?

Is blending better than juicing? Are all smoothies healthy? Does a glass of juice or smoothie count as one of your eight-a-day?



Type of fruit / veg drink	Counts as	Why?
<p><b>Smoothie</b> - home-made from whole fruit or freshly made in a cafe</p>	<p>As many portions of fruit and vegetables as you put in.</p>	<p>Blending only breaks down the fruit and vegetables but retains all the nutrients, including fibre so long as you don't sieve out the 'bits'. The healthiest option!</p> 
<p><b>Smoothie</b> - shop-bought in a bottle/carton</p> 	<p>Maximum two portions per 250ml glass.</p> <p>You still need to include some truly fresh fruit and vegetables in your diet alongside these smoothies.</p>	<p>Most shop-bought smoothies have been heat pasteurised, which destroys some nutrients. Some remove the fibre to make them 'smoother'.</p> <p>Many commercial smoothies also have just some whole fruit/veg in them and a lot of juice – not a good ratio!</p>
<p><b>Juice</b> - freshly made</p> 	<p>One portion per 250ml glass.</p> <p>Unless you make it yourself, the only truly fresh juice you can get in UK shops is non-pasteurised orange juice.</p>	<p>Fresh juice retains many vitamins and enzymes so a glass can count as one serving of fruit/veg but not more than that because it lacks fibre and other nutrients bound to it.</p> 
<p><b>Juice</b> - cold-pressed</p> 	<p>One portion per 250ml glass.</p> <p>You still need to include some truly fresh fruit and vegetables in your diet alongside this type of juice.</p>	<p>Cold-pressing is the next best thing to fresh juice. Cold-pressed juices are preserved using high pressure rather than high temperature so retain more nutrients.</p> <p>A glass can count as one serving of fruit/veg but not more than that because it lacks fibre and other nutrients bound to it.</p>
<p><b>Juice</b> - pasteurised and/or from concentrate</p> 	<p>Maximum one portion per 250ml glass.</p> <p>You still need to include some truly fresh fruit and vegetables in your diet alongside this type of juice.</p>	<p>Pasteurised or made-from-concentrate juice (all types of cheap juice) is essentially just sweet water with vitamin C.</p> <p>These juices are not really a healthy addition to your diet.</p> 