



Juicy Fruit



Juicy Options

When it comes to juice, you've heard the good, the bad and the ugly. Drink juice. Don't drink too much. Make sure it's 100% juice. No added sugar. So what are your options?

Two good ones are pink grapefruit juice and orange juice. Choosing juice for nutrition means reading the label. Check to be sure that the product is 100 percent juice. Read the ingredient list carefully to make sure that juice is one of the first ingredients.

As with most fruits and vegetables, the more colorful the juice, the more nutrients it contains, that may help protect against some cancers, heart disease and other chronic health conditions.

As more and more juices are fortified with calcium, you can double your benefit. But, since juices lack fiber, try to keep your intake to one serving daily.

Summer Time Favorites

The summer season brings warm temperatures as well as tasty and fresh produce. Mix up your traditional meals by experimenting with:

- **Mangos**-rich in beta-carotene, vitamins C and E and soluble fiber. Fresh mangoes are firm but soft to the touch and are best from May to September. Add them to salads, salsas and soups or puree them for smoothies.
- **Papayas**-provide a great source of vitamin C, folate and fiber. Papayas also contain phytochemicals that may aid disease prevention. They can be enjoyed plain and also in salsas or as a base for smoothies.
- **Kiwis**-high in fiber, an excellent source of vitamin C and lutein. Purchase kiwis that are firm because they will ripen more in the refrigerator. Use kiwis to top desserts, in salads or peel and eat.

Dried Fruits

Consuming fruits and vegetables is easy in the summer when everything is fresh and readily available. Now that it's winter...what are your choices?

One convenient option is dried fruit. Dried fruit provides fiber, vitamins A and C, potassium and folate. Per serving, dried fruit may contain more calories than fresh, but in the dead of winter, it's still a good choice.

Dried fruit is extremely portable and easy to integrate into everyday choices. It can be added to salads, pancake batter, bread recipes or even your daily bowl of cereal.

Some dried fruits may be preserved with sulfite, which can trigger allergic reactions in some people. Read the label to find out if sulfites are present.

All Juices are NOT Created Equally!

Fruit flavor in a juice doesn't mean fruit nutrition. The label "100% fruit juice" is the key to getting fruit nutrition. Beverages labeled fruit drink, fruit cocktail, or fruitade may contain added sugars which often replace fruit nutrition. These added sugars may also increase the calories.

Another healthful choice is beverages that have added nutrition. Often these beverages have the same amount of particular vitamins as juices. At the same time these nutrition-enhanced fruit beverages may not contain other important vitamins and minerals, so include them as part of your fruit juice routine, not as a

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