



## LESSON 2 "SMOOTHIES VS. JUICES"





*They're both delicious and easy to make, but what's the difference between them? Here are the top things to remember about juices and smoothies.*

***ONE IMPORTANT THING TO REMEMBER:*** *Be sure to chew your juices and smoothies. Don't just gulp them down. Taste them, drink them slowly, and mix them with your saliva. Carbohydrate digestion starts in the mouth, and you want to be sure that you are absorbing all of the nutrients that you can!*

# VEGANRESET

Light drink, with no pulp and no fiber

Made with a juicer

-Nutritionally concentrated food  
-Feeds your body on a cellular level more directly than any other form of eating

-Speeds up digestion  
-Nutrients are absorbed fast

- Gives you a rush of energy because your body is absorbing the nutrients much more quickly  
- Undiluted fruit juices can spike your blood sugar

## WHAT IS IT?

Full drink, with the entire fruit or vegetable pulverized into it

## WHAT IS IT MADE WITH?

Made with a blender

## NUTRITION

Less concentrated than a juice, however, it's more of a complete meal and a complete food

## DIGESTION

-The fiber in a smoothie slows down it's movement through the digestive tract so the nutrient absorption happens gradually  
-It's easier to digest than the fruit or vegetable as a whole

## ENERGY & SUGAR

-Creates a steady flow of energy over several hours  
-The slow release of nutrients into your blood discourages blood sugar spikes



You CANNOT live on juices alone

Sometimes pricier because it takes more produce to make a serving

Everything except low moisture fruits and veggies like bananas, dates, beets, lettuce, celery

-Better when you're not as hungry and want a concentrated source of nutrition

-Great in the morning because it's lighter and digests more quickly and easily. It wakes up your system, gives you fuel after a good night's sleep, and hydrates you after "fasting" through the night.

## CAN YOU LIVE ON IT?

### COST

## WHAT FRUITS/VEGGIES

### CAN YOU USE?

## WHEN TO EAT IT?

You CAN live on smoothies alone

Sometimes more cost efficient because you are using the whole fruit or vegetable, nothing is wasted

Any fruit or vegetable, however tougher veggies may leave your smoothie a little gritty

-Anytime you want something to keep you full

-Good for breakfast, but better for lunch or dinner because it is a nearly effortless meal

-Drinking smoothies regularly helps you maintain a FullyRaw diet