

During hot weather, people tend to have poor appetite and hot dishes do not appear as tempting. At this time, a glass of freshly-made fruit or vegetable juice will definitely help to relieve thirst. Even though vegetable or fruit juices are beneficial, as they supply the body with massive nutrients and anti-oxidants that will enhance the body immunity, improve cardiovascular health and promote health quotient; nevertheless, juices are high in calories and we should limit the intakes.



Vegetable juices usually contain less calories and sugar than fruit juices because fruits are higher in sugar content. However, vegetable juice alone does not seem attractive; for example, even though tomato or cucumber juices are low in calories, people tend to favor in orange or apple juices due to the sweeter taste. Therefore, an alternative choice would be vegetable mixed with fruit juice. Vegetable fruit juices have sugar contents and contain a variety of nutrients. A glass of freshly squeeze orange juice contains approximately 120 calories; while a glass of vegetable juice contains only 45 calories (one glass of orange juice requires roughly three to four oranges). Also, when people are having juices, they should reduce their fruit intake to avoid having too much fructose intake.

Even though vegetable fruit juices are healthier choices, juices do not contain as much fiber as whole fruits or vegetable. Therefore, consuming juices do not bring fullness. In addition, people who need to lose weight or suffer from diabetes should reduce their juice intake in order to avoid the high consumption of calories and sugar.