

Juicing Buying Guide

I've put together this juicing buying guide from FoodMatters.tv website. It says pretty much everything I would say and suggest. My main thing to look for is, easy to clean and easy to put out on display. No point in having the best juicer if you don't use. Better to buy one not as good at extracting but that you'll use.

Anyway, you decide. Personally I've been using a Philips Avance for the last 3 years and it's served me well. If I were going again, I'd find a cold pressed juicer like the Hurom or Omega Vert. One that does leafy greens and normal veg too in a time efficient manner. The masticating juicers which are designed for leafy greens (and also do the others the best) are slow and expensive. Centrifugal ones separate the juice a bit too much and don't store as well. A cold pressed would be my recommendation. But they are the most expensive.

See below for more:

[Taken from <http://foodmatters.tv/juicer-buying-guide>]

Types of Juicers

So, you know about the amazing health benefits of juicing and you're ready to get started. Now you're wondering what type of juicer is best for you.

There are many types of juicers available, varying in both quality and price. A cheaper centrifugal juicer may be an appropriate start for beginners and certainly preferable to not juicing at all, if other models are unaffordable.

However, a cold press juicer (also known as a masticating or slow juicer) will definitely produce a superior quality juice and allow you to extract more from your fruit and vegetables, saving money in the long-term.

Centrifugal Juicers

Centrifugal juicers are commonly available in retail outlets and are the cheapest type to purchase. These machines initially extract juice by pulverizing fruit and vegetables against a round cutting blade that spins very quickly against a metal strainer. The centrifugal force generated by the spinning motion of the cutting surface separates the juice from the pulp.



• PROS •

- Fast juicing time
- Cheaper to purchase
- Easy to use
- Reduces food preparation time as many accept larger fruit and vegetable pieces

• CONS •

- Not well-suited to juicing leafy greens, grasses, sprouts and herbs
- Yields less juice (produces a wet pulp)
- Reduced juice quality due to fast spinning blades producing heat that destroy beneficial enzymes
- Higher juice separation and foaming
- Noisy because of the grinding and cutting action

Cold Press Juicers

These machines operate via a masticating (chewing) or cold press method to produce a superior juice to their centrifugal counterparts. In contrast to the rough extraction and high speeds of centrifugal juicers, cold press juicers operate at lower speeds and gently compress fruit and vegetables to 'squeeze' out their juice. While more costly, their slower and more thorough extraction rates produce a higher-quality juice, and more of it.



• PROS •

- Well-suited to juicing leafy greens, grasses, sprouts and herbs
- Higher juice yield
- Juice lasts longer with enzyme integrity keeping for up to 72 hours
- Lower speeds means less heat is generated, preserving more nutrients and enzymes
- Minimal juice separation and foaming
- Some models offer other food processing functions, such as being able to make nut milk, nut butter, sorbet, pasta and ice cream
- Pressing action is quiet.

• CONS •

- Higher initial cost
- Longer food preparation, as smaller food pieces are required for their narrow chutes
- Slightly higher pulp in juice

What Should I Look For In A Juicer?

When WE are looking for our perfect juicer here is what WE look for:

- ✓ **Able to easily juice all greens, herbs and grasses (with a high yield)**
- ✓ **Good to juice fruits, including soft varieties**
- ✓ **Cold pressed, to produce a superior juice**
- ✓ **Low speed (rpm), to minimise oxidation and produce a longer lasting juice**
- ✓ **Able to make nut milks**
- ✓ **Easy to clean**
- ✓ **Low noise!**



"How long will cold pressed juice keep for?"

There are many variables which can affect shelf life (including the type of produce juiced and storage methods) so there's no definite answer to this!

Our recommendation would be to drink your juice as soon as possible after juicing to enjoy maximum taste and nutritional benefits.

But don't worry, freshly prepared cold pressed juices can be refrigerated! Fruit juices can last 24-48 hours and vegetable juices 12-24 hours.



We believe this is the most important consideration when buying a juicer.

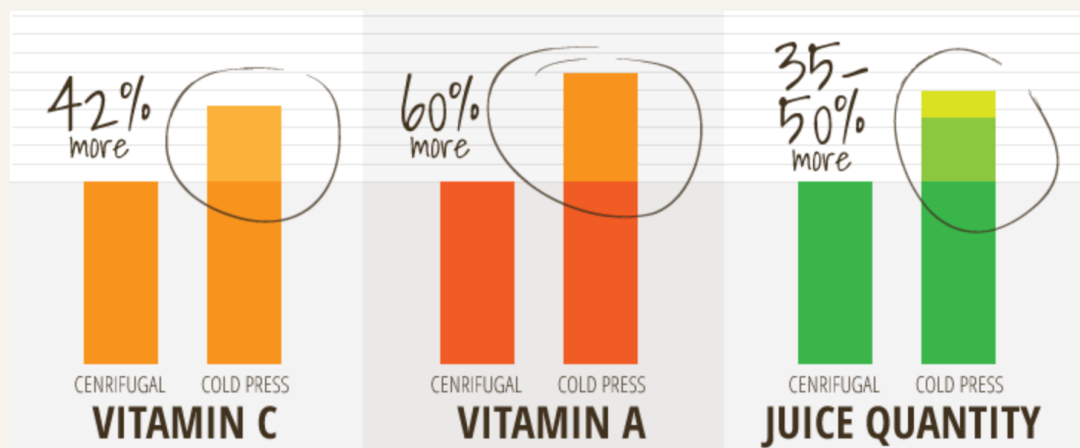
“What about nutrient quality?”
(Especially if I’m spending lots of \$\$\$ on organic produce)

When you’re serious about your health, consuming the highest quality, nutrient dense foods should be your first priority and something not to be compromised.

Cold pressed juicers operate at lower speeds (usually around 70-80 RPM), keeping heat generation to a minimum. This not only produces a superior tasting juice with minimal foam and separation, but it also means that the beneficial enzymes and nutrients are retained. This is where all the goodness is!

Nutritional tests* (between a cold press and centrifugal juicer) revealed that cold press juicers extract **up to 42% more vitamin C, up to 60% more vitamin A and yield between 35 - 50% more juice.**

* Test results from Michelson Laboratories, Inc., Korean Food Research Institute (KRFI), and internal labs



NOTE: I (Hari) partially agree with the statement above about nutrient quality being the most important question. For me, the most important question is will I use it *every* day? No point in having the best quality nutrients if you are only having once a week! That said, because I’m convinced by juicing and have been doing it daily since the beginning of 2012, my most important consideration now would be about nutrients, long lasting effect of the juices - especially important if you batch up for juice fasts at home and versatility to make nut milks etc. And also cleaning of course. I’m not bothered about having to chop veg small as I tend to anyway - even when I don’t need to with my centrifugal one. If you can afford it and are committed to juicing - go for a cold-pressed one. If you are dipping a toe in, go for any decent one you can afford and will use (i.e. easy to clean, easy to have out, easy to pack with veg). And remember aim for 80 - 100% veg in there, not so much fruit.

The one I’m looking into is the Hurom or Omega Vert. They are both pretty identical and built in the same factory! Whatever juicer you buy, check the warranty and whether that warranty is for just the motor or for everything. Some have up to 15 years warranty!