



# Juice PLUS+ THE PLUS+ SIDE

Fresh Ideas for Healthy Living

FALL/WINTER 2014

INSIDE



## 5 Fruits and Vegetables to Eat This Fall and Winter

*Welcome, fall! In this issue of The Plus Side, we'll help you prepare for the colder months by sharing 7 foods and drinks to boost your immunity, as well as 5 healthy fall fruits and veggies. You'll also learn some surprising new researched benefits of fruits and vegetables. Here's to cozy sweaters, warm fires, and excellent health!*



# The ABCs of Healthy Fall Produce

To everything, there is a season, and fall is the season for some delicious produce. Choosing the healthiest fruits and veggies this autumn is as easy as ABC.


## **A is for...**

**Apples:** Nothing says fall like a sweet, crisp apple. Apples contain an impressive amount of phytonutrients and antioxidants. Fuji apples have the highest concentration of antioxidants, including phenolics and flavonoids. And they're wonderfully sweet too!

## B is for...

**Beets:** Just 37 calories per serving, beets are a good source of the B vitamin folate, providing 17 percent of the daily recommended intake per serving. In addition to its role in preventing birth defects, folate also supports cell production, strengthens bones, and promotes nerve function.

**Broccoli:** Because broccoli is popular and available year-round, it can be hard to remember it has a season. But like all cruciferous vegetables, it tastes best when harvested in the cooler temperatures of fall. Broccoli contains cancer-fighting sulforaphane (which belongs to the larger family of phytonutrients known as glucosinolates) and has only 55 calories per cup.



FRESH BEETS, ORANGES,  
POMEGRANATE SEEDS,  
AND GOAT CHEESE

## C is for...

**Cabbage:** Packed with vitamins A and C, cabbage also boasts a high concentration of cancer-fighting glucosinolates. Plus, it has some surprising health benefits, including helping oily, acne-prone skin, relieving headaches, reducing hangovers, and possibly even protecting against dementia.

**Cranberries:** Cranberries have such a high nutrient and antioxidant content they are sometimes considered a “superfruit.” Cranberry concentrate can help prevent and treat urinary tract infections, while fresh cranberries support oral health, decrease blood pressure, and slow the growth of cancer. And a half-cup has only 25 calories.



WARM BUCKWHEAT SALAD  
WITH ROASTED BRUSSELS  
SPROUTS (A MEMBER OF THE  
CABBAGE FAMILY), WALNUTS,  
AND CRANBERRIES

## 7 Things You (Probably) Didn't Know About Fruits and Vegetables

You should eat your fruits and vegetables. You know that. You've known it since you first heard it as a kid. And maybe you know that produce should cover half your plate at each meal of the day. But did you know these facts about fruits and veggies?

- 1. They can reduce your risk of heart disease by up to 40 percent:** A large-scale, observational study, which followed people with no prior history of heart disease over seven years, found that those who ate fruit daily reduced their risk of heart disease and stroke by an eye-opening 25-40 percent compared to people who never or rarely ate fruit. The results were dose-dependent, meaning the more fruit participants ate, the lower their risk. Fruit fans also had lower blood pressure, which is important because high blood pressure is a risk factor for cardiovascular disease.



- 2. They can make you happier:** A study published in the *British Journal of Health Psychology* reported a link between eating more fruits and vegetables and feeling happier and more engaged in life. The results were not just applicable across people, but also across time. In other words, on days when participants ate more fruits and vegetables, they felt better than on days when they skimped.
- 3. They can lengthen your lifespan:** People who eat seven or more servings of fruit and vegetables daily reduce their risk of death at any age from any cause by a startling 42 percent. That's the conclusion of a large-scale study conducted at University College London. The effect was cumulative, meaning each additional serving of fruits and vegetables conferred a measurable benefit. Not surprisingly, vegetables offer more protection than fruit, lowering risk of death by 16 percent per daily serving. (Fruit reduces risk by four percent per serving.)



- 4. They can lower your risk of stroke:** Adding just one apple a day to your diet could reduce your risk of stroke by one-third. A meta-analysis of 20 previous studies, published over the course of 19 years and involving over 760,000 people on three continents, found that for every 200 grams of fruit folks ate (approximately one large apple or a cup and a third of broccoli), stroke risk dropped by 32 percent. For every 200 grams of vegetables, it fell by 11 percent. .
- 5. They can reduce your risk of having a premature baby by 15 percent:** According to a six-year observational study published in the British Medical Journal, pregnant women who ate a diet high in fruits, vegetables, whole grains, and omega 3-rich fish were 15 percent less likely to deliver their babies prematurely than those who ate more processed foods. Prematurity is linked to cerebral palsy and respiratory and vision problems, so ensuring full-term pregnancies is key!

PAN-ROASTED SALMON WITH  
SAUTÉED BABY SPINACH



**6. They can give you a rosy glow:** Eating more fruits and vegetables can noticeably improve your skin tone in just six weeks. The reason is carotenoids. These pigments give fruits and vegetables—such as carrots, peaches, papayas, and tomatoes—their yellow, orange, and red hues. Many green vegetables, like broccoli, kale, and spinach, also contain carotenoids, though their green color masks the yellow-orange underneath.

**Bonus benefit:** Carotenoids are also antioxidants, so not only do they add color to your skin, they also protect you from free radical damage, the main cause of premature skin aging.

GRILLED TUNA STEAKES  
WITH MAPLE GLAZED  
BABY CARROTS





**7. They can improve your energy:** When researchers from the University of Otago in New Zealand instructed 281 young people to keep food diaries and fill out questionnaires about their emotions, they made a surprising finding. Higher energy levels were highly correlated with increased fruit and vegetable consumption. No other kind of food boosted energy as effectively. That's an excellent reason to reach for an apple instead of a cup of coffee or a sugary treat when the mid-afternoon slump hits.

While there's no substitute for fresh fruits and vegetables, Juice Plus+® is the next best thing when you need help bridging the gap between what you should eat and what you do eat every day.

*To learn more about the latest fruit and vegetable research, log on to the Community section of [juiceplus.com](http://juiceplus.com).*



## 7 Foods and Drinks to Boost Your Immunity

Cold and flu season is here. While washing your hands frequently and getting your flu shot are two obvious ways to stay healthy this fall and winter, what goes in your body can also help keep the bugs away. Try incorporating these immune-boosting foods and beverages into your diet.

- 1) **Mushrooms:** Mushrooms contain polysaccharides that increase the number and activity of white blood cells in your body. A stronger force of white blood cells means your immune system can put up a stronger fight against bacterial and viral infections.
- 2) **Yogurt:** Dairy products are typically fortified with vitamin D, a key immune-boosting nutrient. The live active cultures in yogurt are probiotics, healthy bacteria that promote immune health in the gut, where 80 percent of the immune system is located.

ROASTED MUSHROOM SOUP



- 3) **Tea:** A hot cup of tea on a chilly morning is comforting, but it may also protect your health. That's because tea—especially green tea—is rich in antioxidants called catechins. Initial laboratory research suggests that catechins may kill influenza viruses.
- 4) **Garlic:** Garlic does more than just flavor your food. It can also fight bacterial infections because of its active constituent allicin, which is released when garlic cloves are crushed. Initial evidence indicates garlic is effective against even antibiotic-resistant strains of bacteria.

BALSAMIC ROAST POTATOES WITH  
GARLIC, SHALLOTS, AND ROSEMARY



- 5) Carrots:** A one-cup serving of carrots provides an impressive 428 percent of the daily value for vitamin A. This fat-soluble nutrient helps maintain a strong immune system, especially in the mucous membranes of the nose and throat, where pathogens penetrate the body.
- 6) Citrus Fruits:** Oranges, lemons, limes, and grapefruit all contain vitamin C. While you may have read that this nutrient doesn't do anything for colds, that's not entirely accurate. The latest research indicates that taking vitamin C when you're already sick won't help alleviate your symptoms, but making sure you have adequate vitamin C stores all year round can reduce the severity and duration of colds.
- 7) Brazil Nuts:** These large, crescent moon-shaped nuts are high in selenium, a mineral that improves immune function and enhances resistance. Just one nut has more than the RDA of selenium, though, so don't eat too many of them.



## Kids Helping Kids: Juice Plus+® Inaugural Jamboree!



### **Benefit for St. Jude Children's Research Hospital in Memphis, TN**

Juice Plus+® is proud to have been a Presenting Sponsor of the St. Jude Memphis Marathon for 13 straight years.

In 2012, 185,000 runners participated—including 200 Juice Plus+® employees—and the marathon raised \$6 million for St. Jude Children's Research Hospital, one of the world's premier pediatric cancer research centers. Now, kids are getting in on the action!

On Saturday, August 16, employees of The Juice Plus+® Company, along with their friends and family, kicked off their participation in the St. Jude Kids' Marathon with the Inaugural Juice Plus+® Jamboree. Over 100 people enjoyed



water slides, face painting, and a cookout, and they learned how their kids can help raise money for the patients of St. Jude.

“The Kids’ Marathon is the perfect way to get our employees even more engaged—as a family,” said Meredith Martin, Director of Marketing Support. “This year, we started with our employees. Next year, we plan to include our entire community.”



St. Jude is an international leader in cutting-edge research into pediatric catastrophic diseases. Children are treated without regard to the family’s ability to pay, and any child taking part in a St. Jude’s research study receives free treatment. The hospital also assists with transportation, lodging, and meals





for any family needing assistance.

Team Juice Plus+® raised over \$80,000 for St. Jude through the fundraising efforts of its marathon participants last year. The Juice Plus+® Company plans to top the \$100,000 mark with expanded employee engagement and participation in the Kids' Marathon.

## Healthy Swap Ideas From Juice Plus+® Customers

In the last issue of *The Plus+ Side*, we asked you to write in with your healthy swap ideas. Here are the tricks you shared for making your lifestyle healthier.

*"Use romaine lettuce, instead of bread or a bun, for your sandwich."* —Cathy

*"For pasta dishes, instead of starchy carbohydrates, use spaghetti squash. If you make a flavorful sauce, you can hardly tell the difference."* —Diane

*"I've stopped purchasing high calorie, high sodium salad dressings and started making my own: 1 part balsamic vinegar (dark or white), 1 part olive oil, 2-3 cloves garlic, grated or pressed, 1/2 teaspoon salt, and fresh ground pepper. My dinner guests have raved about my salad dressing!"*—Mary Frances

*"Store healthy snacks in glass or clear containers at eye level so that they are readily available when the 'hungry monster' strikes. We choose: nuts, raw veggies, dried fruit trail mix, or fresh fruit."* —Susan

*"I was snacking wayyyy more than I should because I was driving and bored. My hand kept reaching into the snack bag. So I started to cut cucumbers and carrots and put them into a container. If I overindulged on those, it wasn't a bad thing."* —Emily

