

## **Eat it, Don't drink it!**

**Fruit, that is!** If you've been told that drinking processed, boxed or bottled fruit juice is healthy, stop listening to them. It is too high in sugar and we get plenty of hidden sugar in our diets these days.

While the nutrients in many fruit juices have health benefits, that's not the whole story. Consider taking heaping spoonfuls of Manuka Honey for the antibacterial benefits but you are overloading on sugars that depress the immune system.

When you drink the juice instead of eating the fruit, you are concentrating the sugars and throwing away the fibre. Processed food, if you will. Fibre is the food for the friendly bacteria in your gut that you want to feed and nourish. If you lived somewhere where they didn't feed you, would you stick around? I doubt it!

The friendly bacteria is paramount for building and maintaining a healthy immune system and with flu season sneaking up on us, it is the perfect time to make a piece of fresh, whole fruit a habit twice a day. Bear in mind, fruit is not the only source of fibre but we can address that in another article if you wish.

Whole fruit can be considered a pre-biotic, not a pro-biotic and good to eat by itself as a healthy snack to fill the mid meal hunger. The fibre is filling and digests faster than most food so it can flood your body with quick energy and nutrition while not giving you that overstuffed feeling.

Some good choices for fibre-filled fruit would be apples, kiwi fruit, pears and strawberries while fruits like mangoes, watermelon and bananas can be too high in sugar. While dried fruits are convenient, they more concentrated sugar and less water. Water is needed to accompany fibre to receive the best benefits so eat the whole fruit.

Maybe there **is** something to that old saying, "An Apple a Day Keeps the Doctor Away"!

To Your Health!

Pen Klohs, Nutritional Therapist

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