

# Breville

## MEDIA RELEASE

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### Raw ingredients a juicy way to be healthy

The recently launched documentary 'Fat, Sick & Nearly Dead' by Australian filmmaker Joe Cross<sup>1</sup>, demonstrates that [drinking fresh juice regularly](#) is an effective way to harness the power of micronutrients found in fruits and vegetables.

As we embrace summer and new season produce, Cross recommends juicing raw ingredients instead of reaching for a bottle of supplements for maximum benefits with minimum effort.

Australians are encouraged to consume two serves of fruit and five serves of vegetables<sup>2</sup> each day to maintain a well-balanced diet. This is when juicing can be extremely advantageous, as drinking fruits, vegetables and leafy greens can be easier than eating them.

"I would never sit down and eat three apples, but I could easily juice them and drink them in a matter of seconds," says Cross. "My Breville juicer has been a life-changing investment. It was an integral part of making the documentary."

The patented Breville Nutri-Disc™ juicing system extracts up to 70 per cent of nutrients from fruits and vegetables and transfers less than 1.5°C of heat while juicing to protect enzymes and maximise nutrient absorption.



Fuss-free and fast, Breville juicers feature a large chute for whole-fruit juicing. Some models are designed for juicing soft fruits, like berries and bananas, to extract 100 per cent yield and nutrition from these delicate delights.

Breville has a [range of juicers](#) from \$170 to \$530 RRP. For product or stockists enquiries visit [www.breville.com.au](http://www.breville.com.au) or call 1300 139 798.

For more healthy juicing tips and advice from Joe Cross, and to purchase a DVD of 'FAT, SICK & NEARLY DEAD', go to Reboot Your Life [www.jointhereboot.com](http://www.jointhereboot.com).

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<sup>1</sup> Joe Cross is founder of Reboot Your Life and subject of the documentary Fat, Sick and Nearly Dead. For more information visit [www.jointhereboot.com](http://www.jointhereboot.com)

<sup>2</sup> <http://www.gofor2and5.com.au/>

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## **Juicing tips**

While any juice is beneficial, green vegetable juices contain especially important and unique phytonutrients. However, it's also important to get a rainbow of colourful vegetables and fruits throughout the day for the full spectrum of health promoting micronutrients.<sup>3</sup>

Seasonal, fresh fruit is best as it is typically more affordable, more plentiful and more nutritionally beneficial.

Summer fruits and vegetables ideal for juicing include:

Apples – Granny Smith, Jonathan	Beetroot
Bananas	Carrots
Berries	Celery
Melons	Cucumber
Oranges – Valencia	Spinach
Pineapple	Tomatoes

When juicing a variety of ingredients with varying textures, start with the softer texture ingredients on low speed and then gradually change to high speed for the harder produce.

If juicing herbs, sprouts or leafy green vegetables, either wrap them together to form a hundle or juice them in the middle of a combination of ingredients on low speed to obtain the best yield.

The pulp left over from juicing can be used in recipes to add extra fibre to the diet. Add vegetable juice pulp to rissoles, casseroles or soups. Fruit juice pulp can be used in cakes or desserts – pulp is also good for creating compost for gardens.

## **Recipes**

### **Packed with energy juice**

1 green apple

3 handfuls spinach

6-8 kale leaves (approx 2 cups)

½ cucumber

4 celery stalks

½ lemon

Mint (optional)

### **Healthy summer days juice**

2 carrots

2 orange (skin removed)

1 green apple

2cm slice of fresh ginger

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<sup>3</sup> Tip provided by [www.jointhereboot.com](http://www.jointhereboot.com)