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Raise a glass to good health ... just make it juice

PEOPLE who enjoy a glass of 100 per cent juice as part of their daily routine have fewer risk factors for several chronic diseases.

An American study that took in nationwide health data from 1999 to 2004 found juice drinkers were generally leaner and they had better insulin sensitivity, which reduced the risk of stroke, heart disease and diabetes.

The juice drinkers were also observed to be more physically active and they had better diets, but when lifestyle factors were cancelled out they still had a 14 per cent reduced chance of being obese.

“We know that maintaining a healthy diet rich in fruits and vegetables is linked to decreased risk of some chronic diseases,” says University of Minnesota’s Dr Mark Pereira.

“One cup of 100 per cent fruit juice ... is associated with some of these same benefits.”