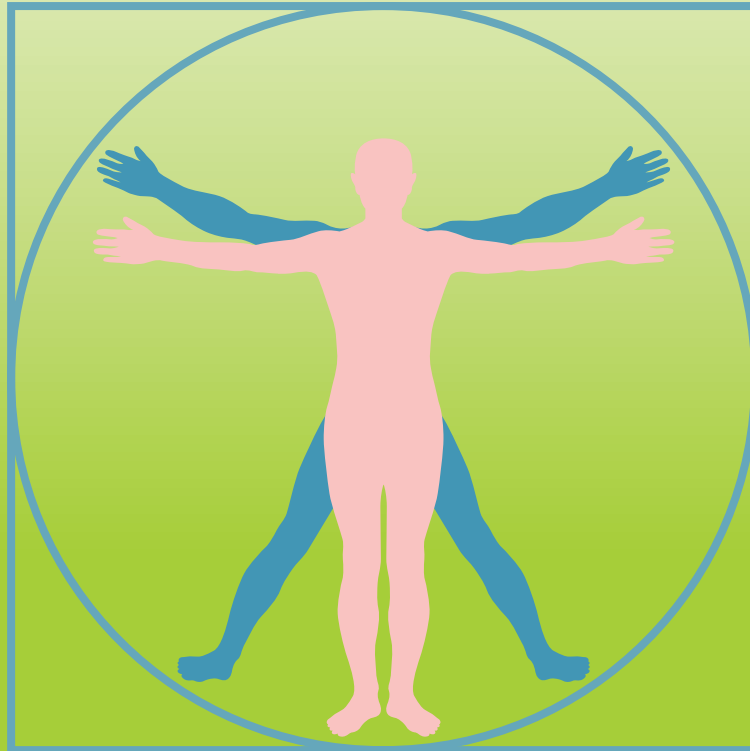


Health benefits of drinking

juices  **smoothies**

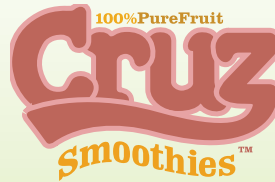


- **Everybody needs to consume a minimum 5 portions (Total 400g) of fruit & vegetables per day.**
- **Most people only consume half this amount & drinking raw (non pasteurised) fresh juices & smoothies is an excellent way to add fruits and vegetables to your diet.**
- **Cruz smoothies and juices are not heat treated (pasteurised) and are complete with naturally occurring enzymes, vitamins and minerals which are extremely good for the body.**
- **Many studies have shown that increasing the daily diet with fruit & vegetables improves general health, boosts energy levels, reduces effects of premature ageing, incidence of cancer and heart disease.**
- **Juicing aids in weight loss as it combats the craving for sweet foods and helps the body to feel full.**



Health benefits of drinking

juices



smoothies

Fruit / Health Benefit

These fruit and vegetables are used in the Cruz menu.

A Cruz Smoothie counts as 2 portions and a fresh juice as 1 portion.



Oranges - Vitamin C, A, B, flavonoids, pectin, citrus limonoids, beta-carotene - Boosts body's immune system. Helps in healing of wounds, helps prevent heart disease & cancer.



Apples - Vitamin C, pectin, potassium & boron - Vitamin C boosts body's defences, lowers cholesterol, strengthens bones, helps asthma, lung cancer prevention.



Carrots - Vitamin A, B, C, beta-carotene - Improves skin, hair, nails, lowers cholesterol & blood pressure, helps improve eyesight.



Berries - Strawberries, raspberries, blueberries are high in vitamin C and anti-oxidants. Anti-oxidants mop-up free radicals stopping cell damage which can lead to cancer.



Pineapple - Vitamin C, A, B1, B2 - Speeds tissue repair, improve circulation, reduces blood clotting, improves memory & mental well being.



Mango - Rich in vitamins A, C, beta-carotene, vitamin E & iron - Protects against heart disease, good for anaemia, powerful anti-oxidant.



Peach - Vitamin C & A - Helps improve health of skin, good for anaemia, asthma, constipation and high blood pressure.



Melon - Vitamins A, B, C, orange flesh varieties beta-carotene. Vitamin C protects immune system, anti-oxidant and helps prevent cancer and oxygen based damage to cells.