

JUICES VS SMOOTHIES

A VERDURA METHOD RESOURCE GUIDE

Verdura Method:
Lifestyle Changes Before Medications
Science, Mindfulness, and Behavior Change
Working Together.



Verdura Method Resource Guides turn complex topics into plain language and gives you simple steps you can use today. Our aim is to equip you with the knowledge and tools to help you understand your body and make confident choices each day.

QUESTIONS?

You can reach us at:
lisa@verduramethod.com
www.verduramethod.com

JUICES VS SMOOTHIES 101

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WHAT IS JUICING?

Juicing is the process of removing most fiber from fruits and veggies and then concentrating the vitamins, minerals, and plant compounds into a light, easy-to-digest drink that absorbs quickly.

Because fruits and vegetables are incredibly healing, juicing delivers quick nutrients to the bloodstream, which can be useful if you're fighting a virus, supporting recovery, or living preventatively by maximizing micronutrients.

The tradeoff is very little fiber, so fruit-heavy juices can spike blood sugar and won't keep you full. Tip: Make your juices veggie and greens heavy with 1-2 pieces of fruit. Think of it like taking a vitamin, not a snack or meal replacement.

WHAT IS A SMOOTHIE?

Smoothies blend the whole fruit and vegetables, so you keep the fiber along with vitamins, minerals, and plant compounds. That fiber slows absorption, supports digestion, and helps keep blood sugar steadier and you fuller longer. Smoothies are great for recovery, gut regularity, and everyday preventive nutrition.

To build a filling smoothie as a snack, add protein (20-30 g), healthy fat (nut butter, chia/flax), and greens/vegetables; cap fruit at about 1 cup and use water or milk (not juice) as the base. This keeps it nourishing, filling, and steady.

The point is to maximize nutrients with both fruit and veggies, not just milk and protein. Be wary of premixed smoothies and added unnecessary ingredients.

WHICH IS BETTER?

Neither wins overall- they're different tools. Choose a veggie-focused juice when you want a quick shot of healing micronutrients for the body and immune system; choose a protein-and-fiber smoothie when you need more fullness and stable energy.

MOST HEALING INGREDIENTS

Dark leafy greens (spinach, kale, chard): Vitamin C + carotenoids for collagen and glow; vitamin K and folate for cell repair and immune support.

Celery: Hydrating, potassium-rich, and polyphenols that help calm puffiness; supports skin hydration.

Beets: Naturally high in nitrates (better circulation = healthy skin tone) and betalains that ease inflammation.

Carrot: Beta-carotene (vitamin A) supports the skin barrier and mucosal immunity.

Ginger: Soothes inflammation and supports digestion (a calmer gut often shows up as calmer skin).

Turmeric: Curcumin supports inflammatory balance; pepper helps absorption.