

Local Availability Of Healthful Prepared Food Can Aid In Health Promotion &
Encourage A Logical Strategy For Reducing The Incidence Of Chronic Diseases.

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Abstract

Cardiovascular disease and cancer are ranked as the first and second leading causes of death in the United States and in most industrialized countries. Both cardiovascular disease, and most cancers are categorized as preventable diseases. Prevention is a more effective strategy than is treatment of chronic diseases. Regular consumption of healthful foods and nutrients such as fruit and vegetables, high-fiber diets, and antioxidants, as well as limiting your toxic exposure, are all associated with reduced risks of cancer, cardiovascular disease, and many other chronic diseases. Healthful foods, also coined functional foods, that contain significant amounts of fruits, vegetables, fiber diet, and antioxidants provide desirable health benefits beyond basic nutrition and play important roles in the prevention of chronic illness and disease.

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In this paper, it is proposed that implementing an easy to understand and healthful food menu in the local community at a family owned local juice bar will allow people on- the-road the option of a healthier choice in prepared foods, and in turn, aid in promoting health and helping prevent the most common illnesses and diseases in our area of the nation. As there is a tremendous amount of misinformation and marketing tactics that make it difficult for a consumer to eat a truly healthful meal while away from home for work or play, is it assumed that readily available nutritional education will also play a definitive role in consumers food choices and health.

As food provides essential nutrients needed for life, people are always going to need to eat to survive, but lack of available healthful options when traveling, and lack of time to prepare meals can force people to compromise a healthy meal option with a fast-food option. In addition, the popularity of dining out has increased tremendously over the past couple decades, and in turn this has raised the number of nutrients obtained at away-from-home food sources (Lin, Frazao & Guthrie, 1999). Foods eaten on the road, or away-from-home are shown to contain more fat, more saturated fat, and less fiber than foods consumed at home (Lin, Frazao & Guthrie, 1999; Kartashov et al, 2005). Studies have even shown that people who eat fast food more than two times a week significantly increase their chances of developing diabetes, cardiovascular disease, obesity, and a host of other chronic illnesses (Pereira et al, 2005; Mokdad, Marks, Stroup & Gerberding, 2000). Data also shows that the poorest meal and nutrient decisions are made when away from the home, at work, and when eating out (Lin, Frazao & Guthrie,

1999). This, in part, is because fast food historically has a very high caloric content, and very little nutritional value to help the body stay healthy. A typical fast food meal can contain up to 1,500 calories, which is more than half of the daily calories recommended for a healthy adult, and these meals typically contain a very high fat content, and little to no vitamin content (Lin, Frazao & Guthrie, 1999; Kartashov et al, 2005).

When looking at the state of the health in the US, cardiovascular disease and cancer are ranked as the first and second leading causes of death in the United States and, in most industrialized countries, yet cardiovascular disease and most cancers are considered preventable diseases (AMA, 2015; CDC, 2015; Mokdad, Marks, Stroup & Gerberding, 2000). In addition, the current medical statistics show that chronic diseases are currently accountable for 7 of 10 deaths each year, and the cost of treating people with chronic diseases accounts for over 80% of US health care spend (CDC, 2015). This is not only extremely unfortunate for the affected person and their families, but the country at large as these diseases cumulatively place a huge burden on the healthcare system, making this topic more important now than ever (Joseph et al, 2005). When the current US health statistics mentioned above are coupled with future estimates that in 2030 people will have a 50/50 chance of diabetes, a 1-in-3 risk of getting cancer, and 95% chance to fall into the category of obese (Rahib, 2014; CDC, 2015; AMA, 2015), it seems imperative that we start making some immediate changes in our nutrition and lifestyle in this country.

Many epidemiologic studies, as well as nameless scientists, nutritionists, and doctors have consistently shown that diet plays a crucial role in the prevention of illness and chronic diseases. Regular consumption of healthful foods and nutrients such as

fruit and vegetables, high-fiber diets, and antioxidants are all associated with reduced risks of cancer, cardiovascular disease, diabetes, and many other chronic diseases (Steffen, 2003; Whelton, 2003; Mononen, 2003; Anderson, 2004; Hercberg, Czernichow, & Galan, 2006; Kaliora, Dedoussis, & Schmidt, 2006; Hope and Hope-Too Trial Investigators, 2005; Kartashov et al, 2005; Yao et al, 2004). Increased consumption of fruit and vegetables, due to both fiber and nutrient content, is strongly associated clinically with reduced risk of cardiovascular disease, cancer, diabetes, obesity, cataracts, and age-related brain and functional decline (Steffen, 2003; Whelton, 2003; Mononen, 2003; Anderson, 2004; Hercberg, Czernichow, & Galan, 2006; Kaliora, Dedoussis, & Schmidt, 2006; Hope and Hope-Too Trial Investigators, 2005; Kartashov et al, 2005; Yao et al, 2004). Data estimates that one-third of all cancer deaths in the United States alone could be avoided through associated dietary modification alone (Rahib, 2014). This convincing evidence suggests that local availability of truly healthful prepared food is imperative, and better nutritional choices alone can help aid in health promotion and a logical strategy for reducing the incidence of chronic diseases.

Methods

A search of three databases (LIRN, Google Scholar, and Medline) for the health promoting nutrient and food terms: 'antioxidant+diet', 'antioxidant+disease', 'fiber+diet', 'fiber+disease', 'high vegetable+diet', 'high vegetable +disease', as well as 'high antioxidant+intake', 'high antioxidant+disease', 'high fiber+intake', 'high fiber+disease', 'high vegetable+intake', 'organic+conventional', 'organic procude+conventional.. Precedence was given to random controlled trials within the past 25 years. A minimum of 5 studies per health term grouping were selected to ensure

a fair base and balance of data for each category. Studies that specifically focused on the following nutrients and foods being added to diet for health result outcomes were included: antioxidants, fiber, vegetables, fruits, and organic foods.

Results

As stated previously, studies have consistently shown that diet plays a crucial role in the prevention of chronic diseases. A diet high in antioxidants, fruits and vegetables, and fiber are all associated with reduced risks of cancer, cardiovascular disease, and many other chronic diseases, and consuming organic foods reduces ones toxic exposure (Steffen, 2003; Whelton, 2003; Mononen, 2003; Anderson, 2004; Hercberg, Czernichow, & Galan, 2006; Kaliora, Dedoussis, & Schmidt, 2006; Hope and Hope-Too Trial Investigators, 2005).

Antioxidants, from fruits, vegetables, and herbs have suggested protective actions and ability of nutrients to aid in recovery or disease, and have been shown to possess the highest antioxidant potency when from an organic source (Joseph et al, 1998; Joseph et al, 1999 Bezlepkin, 1996; Kaliora et al, 2006; Nakamura et al 2006; Mayne, 2003; Fusco, 2007; De la Fuente, 2002). A high fiber diet, whether from fruits, and vegetables, raw foods, or supplementation, has resulted in significantly lower risk for developing many chronic diseases. When it comes to long-term health, prevention is a far more effective of a strategy than is treatment of chronic diseases, so the addition of these foods and nutrients to diet makes sense to help prevent common diseases and illnesses.

Antioxidants

One reason the human body become susceptible to illness and disease is due to the aging process. Aging in general, as well as all age-related illnesses, demonstrates our bodies' antioxidant defenses inability to manage oxidative stress over time.

Antioxidants are nutrients and enzymes that are capable of counteracting the cell and tissue damage from the process of oxidation in animal tissue (De la Fuente, 2002; De la Fuente & Victor, 2000). Damage from oxidative stress occurs when the body can't balance prooxidant and antioxidants, due to the constant production of free radicals in our bodies, as well as those ingested from food and lifestyle choices. Vast amounts of studies suggest that antioxidants can mitigate and even reverse or delay age-related declines to some degree, in both animals and humans (Joseph et al, 1998; Joseph et al, 1999; Bezlepkin, 1996; Nakamura et al 2006; Mayne, 2003; Fusco, 2007; Yao et al, 2004; De la Fuente, 2002; De la Fuente & Victor, 2000; Kaliora, Dedoussis & Schmidt, 2006; Hercberg et al, 2004). It is becoming universally accepted that diet is an important factor in the wellbeing of an individual, and that a diet high in antioxidants may promote health for many bodily functions, but the majority of available dietary antioxidant studies currently focuses on the brain.

Research implies that antioxidants reduce oxidative stress by counter-acting the process of cellular oxidation. As antioxidants are nutrients, such as vitamins and minerals, or proteins, they can be found in a wide variety of fruits, vegetables, and some other food sources such as teas. Some antioxidants are produced by our bodies, such as lipoic acid and CoQ10, but the most common antioxidants such as vitamin A, C, and E, are not, and need to be acquired from diet (Yao et al, 2004). A diet high in fruits and

vegetables with high antioxidant levels may reduce oxidative stress and slow age-related illnesses and diseases (Mayne, 2003). Examples of fruits and vegetables that contain a high ratio of antioxidants are: blue and black berries, red grapes, apples, plums/prunes, walnuts, greens, potatoes, herbal teas, carrots, cacao, and other brightly colored produce. High intake of dietary antioxidants have been effective in increasing short-term memory and cognitive output from what is believed to be by both reducing oxidative stress and central nervous system inflammation (Joseph et al, 1998; Joseph et al, 1999). Additionally antioxidant intake was shown to lead to synapse growth and increased receptor density, which relate to the storage of long-term memory at any age, and the reduction of risk of many degenerative age-related brain diseases (Spencer 2008; Yao et al, 2004). It is noteworthy, however, that data shows there to be a more positive reduction in age-related diseases, as well as long-term survival, for those consuming large amounts of antioxidants earlier in life, and even receiving antioxidant nutrition in gestation (Fusco, 2007; Shukitt-Hale, 2012; Bezlepkin, Sirota, & Gaziev, 1996).

Consuming a diet high in fruits and vegetables is associated with lower risks for numerous chronic diseases (Yao et al, 2004, Hercberg et al, 2004). It has even been suggested that there may be a more positive reduction in age-related diseases for those consuming large amounts of antioxidants earlier in life (Fusco, 2007) and that there is possibly an age that humans and animals may reach that limits the functional benefits of antioxidants on cellular function (Bezlepkin, 1996).

There are hundreds of studies confirming the benefit of increasing fruit and vegetable intake, too many to list in this paper of course, and as this scientifically sound evidence continues to accumulate, the US dietary recommendations for fruit and

vegetable consumption also increases. Overall data strongly suggests that persons with fruit and vegetable intake lower than three-quarters of the population have about twice the risk of cancer compared with those with high intake (Yao et al, 2004; Block & Subar, 1992). For prophylactic protection from lung cancer, and both preventative and help in fighting cancers of the esophagus, oral cavity, larynx, pancreas, stomach, colorectal, bladder cervix, ovary, breast, and endometrium cancers specifically, significant protection was shown when increasing fruit and vegetable intakes (Maskarinec et al, 2000; Pierce et al, 2007; Rock et al, 1997; Herberg, Czernichow & Galan, 2006; Herberg et al, 2004) As this is the majority of cancers affecting the US population, and it is estimated that 1 in 3 people will have some sort of cancer in their lifetime, it seems increasing fruits and vegetables should be one of the first dietary recommendations nationally. Thankfully the trend to increase recommended fruit and vegetable intake is already occurring, but not to the degree of consumption as most supporting studies. Just as far back as 1990, the Dietary Guidelines Committee recommended 3 or more servings of vegetables per day. Then in 1991 the National Cancer Institute and the Produce for Better Health Foundation both worked together to establish a national 5 A Day for Better Health Program, pushing vegetable serving recommendations to 5 per day (Heimendinger et al, 1996). Thanks to the large push in 1991, all of the states in the US and many national organizations have instituted programs to encourage people to increase their consumption of fruits and vegetables. This was not only a large win to help educate our nation on health, but in following the 5 per day recommendation, this will increase both daily antioxidant and fiber intake.

Fiber

Dietary fiber, found in many whole foods like fruits and vegetables, affects the entire human gastrointestinal tract from the mouth to the colon. Many people don't understand how to get enough fiber, what good sources of fiber are, or what the true health benefits of fiber are, so nutritional education in this area is important. The average US diet is made up of mostly highly processed and refined foods, and approximately two-thirds of the common diet come from processed corn, wheat, rice and soy; yielding very little fiber in the diet (Cummings, 2001).

Fiber consists of carbohydrates and other compounds that make up the cell walls of plants, and even though it has no true nutrients to nourish the body, it is still an important part of the human diet as it acts as the delivery system for many essential nutrients, acts as an intestinal cleaner, and helps people feel fuller, eat less and stabilize blood sugar levels. Currently the average fiber intake for children and adults in the US is less than half of the recommended levels, yet it is proven that a high level of fiber intake has many health protecting effects and disease reversal benefits; (Jenkins et al, 2001). Persons who consume high amounts of dietary fiber, compared to those who have minimal fiber intake have significantly lower risk for developing many chronic diseases, including cardiovascular diseases which currently affect more than 80 million people and are the leading cause of death in the United States (Whelton et al, 2005; Steffen et al, 2003; Petruzzello et al, 2006; Birketvedt et al, 2005; Montonen et al, 2003; Anderson & Pasupuleti, 2008; Lairon et al, 2005; Cummings, 2001; Brown et al, 1999). Both children and adults benefit from increasing fiber intakes, and the recommended dietary fiber intake for both children above 1 year, and adults is 14 g/1000 kcal, averaging 28 g/day for women and 36 g/day for men (Cummings, 2001). The data

supporting a high fiber diet is extremely strong in correlating that high levels of fiber intake significantly lower incidence of CHD, including stroke and peripheral vascular disease (Whelton et al, 2005 ; Steffen et al, 2003; Brown et al, 1999; Jenkins et al, 2001) obesity (Petruzzello et al, 2006 ; Birketvedt et al, 2005) GI disorders, (Montonen et al, 2003), hypertension (Anderson & Pasupuleti, 2008) and diabetes (Lairon et al, 2005; Anderson et al, 2004).

Fiber intake is also associated with a healthy weight, as not only do high-fiber foods usually have lower energy density and take longer to eat, but they also take longer to clear the digestive tract, causing one to feel fuller longer. That being said, it should be mentioned that data also shows that people who are at a healthy weight are less likely to develop or experience high blood pressure, high cholesterol, type 2 diabetes, heart disease, osteoarthritis, certain cancers, pregnancy complications, and even death at an earlier age (Lairon et al, 2005; Jenkins et al, 2001). Additional health benefits of high fiber intake of more than 14 g/1000 kcal per day include improved

Vegetables	Fruits	Legumes	Grains
Carrots	Acai Berries	Baked Beans	Ezekiel Bread
Peas	Avocado	Black Beans	Steel Cut Oats
Sweet Potatoes	Blueberries	Lentils	Sprouted Grain Pasta
Broccoli	Dried Figs	Lima Beans	Barley
Turnip Greens	Raspberries	Split Peas	Whole-Grain Cereal
Kale	Apples		

serum lipid concentrations, evacuation regularity, reduction in hemorrhoids, and improved immune function (Anderson & Pasupuleti, 2008; Brown et al 1999; Keenan et al, 2002). Not to mention that when consuming whole foods for fiber content ancillary benefits of obtaining other crucial health promoting nutrients such as vitamins, minerals, and phytonutrients occurs. Examples of foods with high-fiber content:

Due to the consistently statistically low levels of dietary fiber intake in the US population, fiber supplements are suggested as the need for them to play an important role in helping some individuals achieve higher fiber intakes has been confirmed in statistically significant results (Birketvedt et al, 2005). The available clinical trial data suggest that the use of fiber supplements is actually more beneficial than the use of high-fiber foods for improving cholesterol levels, improving weight loss, and regulating gastrointestinal function (Birketvedt et al, 2005; Cummings, 2001).

Organic Foods

Antioxidant and fiber intake both have a strong clinical data to support its health promoting benefits, but one area that currently seems less supported and promoted is consuming organic foods. One reason could be that organic food studies don't show direct connection to consumption of organic foods resulting in less sickness and disease, even though its proven reduction in consumption of chemicals and toxins (Hoefkesn, 2010) obviously has its innate health promoting and disease prevention connections. Organic produce is grown and treated within specified standards, which among other factors, limits the use of pesticides and chemicals in crops and soils. Additionally, all crops vary in their composition of nutrients depending on many factors, including fertilizer used, growing conditions, growing season, and ripeness. As consumers ingest organic foods vs. conventional, health benefits of reduced toxic exposure exist, and current data does support that organic farming benefits have been proven to reduce toxic exposure to growers, farmers, communities, and the earth.

Organically labeled fruits and vegetables are considered by many consumers to be healthier than non-organic or 'conventional' varieties, according to the 2013 National Market Report Survey from the Organic Soil Association (OSA) where their polled data showed consumers purchase organic foods for the following reasons: healthy eating (55%), evading chemical residues (53%) environmental safety (44%), animal safety (31%), and taste (35%) (OSA, 2013). Aside from the fact that organic food contains less chemical residues (Hoefkesn, 2010) and the aforementioned OSA consumers motives list of why consumers choose organic, some data also supports the fact that organic fruits and vegetables have more nutrients, namely antioxidants, vs. their chemically laden conventional counterparts. The following organic produce studies specifically support this notion.

Blueberry

A 2008 blueberry study, compared organic vs. conventional blueberries in the same region during the fall peak-harvesting season. Results showed that blueberries grown organically yielded significantly higher antioxidants in the ORAC scale, as well as phenolics, and total anthocyanins. This research also indicted that although there were some variations in phytonutrients among each farm, there was consistent significant nutrient superiority of approximately 33% in the organically grown blueberries (Wang et al, 2008).

Carrots

Three carrot studies were found with our search methods, and all three unanimously supported the fact that organic produce yields higher nutrients than

conventional. Research in 1991 lead by Leclerc et al, compared organically grown carrots along with celery with their conventional counter-parts, matching soil-types, variety, growing season, and location for validity, and found that organically grown carrots yielded an average of 45% higher beta carotene, and B1, over conventional, whereas the organic celery yielded an average of 32% higher vitamin C and 40% lower nitrates. There were no noted nutrient benefits in the conventional produce over organic (Leclerc, Miller, Joilet, & Rocquelin, 1991). In further research, a 3 year study analyzed for 12 macro- and micronutrients of organic and conventional carrots and cabbage and found five elements in carrot roots (N, S, Mn, Cu, B) and two elements in carrot leaves (S, Na) ($P < 0.11$) and three in cabbages (N, Mn and Zn) ($P < 0.14$) to demonstrate higher nutrient levels in organic versions (Warman & Havard, 1997). A third carrot study included potato comparisons to assess nutrient levels in production and storage of these organic vegetables vs. their conventional versions. Researcher Rembialkowska concluded that although organic vegetables had lower total weights/yields, their nutritive qualities were better than conventional crops in that the studies nutrients, more than 3 times the amount of vitamin C and 25% less nitrates for the organic produce on average. The study also concluded that higher levels of vitamin C and lower levels of nitrates in the potatoes should be emphasized to consumers with infants and small children due to the anti-carcinogenic properties that the two nutrient levels showed in comparison to their conventional crop versions (Rembialkowska, 2003).

Peach and Pears

In a 2002 study led by Carbonaro et al, the concentration of polyphenols and the activity of polyphenoloxidase (PPO) were assessed in both organic and conventional peaches and pears. The study results concluded that the organic versions contained an average of 8 times more polyphenols and related activity, than conventional, and discussed that polyphenols and their related free radical activity seemed to decrease in peaches and pears that were likely utilizing these properties to defend against pesticides during growth (Carbonaro et al, 2002).

Potatoes

A study on potatoes, showed more support for organic produce as organic potatoes yielded significantly more vitamin and less nitrates than their conventional crop, but specific antioxidant measure were not specifically measured in this 2003 study (Rembalkowska, 2003).

Additionally certain foods are titled as 'The Dirty Dozen' and known for their high pesticide residues; these foods are more important to consider buying organic if trying to reduce toxic exposure. Each year the Environmental Working Group (EWG) works with the USDA to chart the offenders. The EWG singles out produce with the highest pesticide loads for its trademarked Dirty Dozen list. This year, the list shows apples, peaches, nectarines, strawberries, grapes, celery, spinach, sweet bell peppers, cucumbers, cherry tomatoes, imported snap peas and potatoes on its offending list (EWG, 2015).

Organic foods should be included in healthful foods to aid in health promotion because they not only provide less toxic exposure as compared to their conventional

counterparts, but they also provide more health promoting nutrients ounce for ounce. Available organic prepared foods or restaurants are very few and far in between, mostly due to the cost to both the restaurant and consumer. Education on the benefits of consuming organic foods instead of conventional pesticide laden foods is also of importance in nutritional education.

Conclusion

As discussed, the popularity of dining out has increased tremendously over the past couple decades, and in turn this has raised the number of nutrients obtained at away-from-home food sources. People on the road for work, or play tend to choose fast food because of convenience even though fast food consumption has strong causal associations with weight gain and insulin resistance, and proves to be the catalysts to a cohort of other chronic diseases (Pereira et al, 2005). Due to these health implications, it is currently recommended that consumers follow the US Department of Agriculture dietary guidelines to meet their nutrient requirements for health improvement and disease prevention, and studies show there is a continual direct increased health benefit as levels of consumption of fresh fruits and vegetables increase. A strong body of data shows that increasing the consumption of healthful foods and nutrients, specifically: antioxidants, fiber, and fruit and vegetables, is a practical strategy for consumers to optimize their health and to reduce the risk of such chronic diseases discussed.

Research has also confirmed the assumption that lack of easily accessible pre-made healthy food causes poor food choices and in turn poor health when at work, school, or on the road. It is universally accepted that the food we eat is an important factor in the health of an individual. Scientific data can link the beneficial role of various

foods or nutrients to the prevention and treatment of certain sicknesses and diseases. As long as 2000 years ago Hippocrates was quoted to say 'Let food be thy medicine and medicine be thy food', and today we are still struggling to get the majority of our population not only to consume enough healthful foods daily, but to understand which foods truly are healthful.

As current evidence suggests an association between community and consumer food environments and dietary outcomes then local nutritional education and pre-made healthful food could help prevent and treat community sickness and disease. I believe that providing a healthy prepared offering of snacks and foods will help our local community not only become more educated about the foods they choose, but allow them to more easily make better choices while on the road for school, work, or otherwise. One of the main reasons my husband and I chose to open our Juice Bar was due to lack of healthy food options in the local areas. Adding a menu of healthful and nutritious food can promote healthful consumer food choices and in turn help prevent common illnesses and diseases. Based on the Journal of the American Medical Association's handout titled *Healthy Weight Loss*, a total of 3,500 calories equals 1 pound of body fat. This means that based on calorie estimations of a typical fast food meal, one can assume that if consumers simply replaced one of their fast food meals each day with one of our healthful meals, they would reduce their caloric intake by approximately 500 calories per day, which should result in an approximate 52-lb weight loss over one year. Weight loss alone is associated with reduced risks of many illnesses and diseases, such as high blood pressure, high cholesterol, type 2 diabetes, heart disease, osteoarthritis, certain cancers, pregnancy complications, and even death at an

earlier age, so it would be difficult to argue against the notion that local availability of healthful prepared food can aid in community health promotion and reducing the incidence of illness and diseases.

Lastly, it should be noted that in over the 30+ studies gathered for this report, there was not one reported adverse event or poor health effect from increasing dietary antioxidant and fiber intake through fruits and vegetables. That being said, not only does it make sense to make those foods more readily available to the community, but it also makes sense to go as far as having physicians suggest dietary changes first in their educated prevention or treatments plans they choose to disseminate to every patient.

Potential for harm

The information presented is to be used for educational purposes only and does not take the place of a consultation with your trusted healthcare provider. If a participant has been diagnosed with a medical condition that requires pharmaceutical intervention, please check with a trusted healthcare provider prior to adjusting the diet or supplement therapy.

Discussion

The relationships between nutrition, disease and illnesses will continue to unfold with new research, and sadly seem to have only been more understood, on a basic level, by man for the last century. From something as basic as Sailors finding that a deficiency in vitamin C caused scurvy, to scientist keeping a group of cells alive in a 35 year lab experiment simply by providing the proper nutrition, I believe humans have recognized the benefits of food and are looking to utilize its nutrients as best as possible, but only if it fits into their busy lifestyle. Further studies should focus on nutrient

delivery and availability in combining common foods like those found in a sandwich, instead of each nutrient individually. This may give a more holistic understanding to how effectively we are currently fueling our body, and nutrition's direct implications on our health or disease.

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ORGANIC FOOD MENU

The Juice Barn now offers healthy food on the go! It is our educated opinion that local availability of healthy prepared foods will promote better consumer food choices and in turn will help prevent common illnesses and diseases in our local community. Please feel free to ask to read our self-researched body of evidence on this statement.

Breakfast:

Acai Antioxidant Energy Bowl \$9.95
Acai, Blueberry, Greek Yogurt, Granola, Dates, Flax, Banana, Cinnamon



Power House Cereal Bowl \$5.25
Granola, Flax, Cinnamon, and your choice of Almond or Coconut Milk



Seasonal Assorted Nutritional Baked Goods: \$2.75
Pumpkin, Banana, Zucchini, Carrot, and Ginger Breads

Snacks:

Omega Toast \$3.95:
Hemp Rice Cake, Avocado, Paprika, Flax, Garlic, Salt



Monkey Toast \$3.95:
Brown Rice Cake, Peanut Butter, Banana, Cinnamon



Reese's Toast \$3.95:
Brown Rice Cake, Peanut Butter, Dark Cacao Chocolate Chips



Seasonal Assorted Nutritional Baked Goods: \$2.75
Pumpkin, Banana, Zucchini, Carrot, and Ginger Breads

Salads & Wraps:

(Make any meal a wrap: add \$1)

Sweet Kale Salad \$10.95:
Kale, Carrot, Broccoli, Cranberries, Sunflower Seeds, w/ choice of homemade juice dressing.



Crunchy Kale Caesar \$10.95:
Kale, Carrot, Broccoli, Croutons, Parmesan Cheese, Caesar Dressing



Quinoa Energy Bowl \$9.95:
Quinoa, Carrot, Broccoli, Kale, Cranberry, Sunflower Seeds w/ choice of homemade juice dressing.



Black Bean Burrito Bowl \$9.95:
Black Beans, Quinoa, Carrot, Broccoli, Onions, Corn Chips



Seasonal High-Fiber Soups \$6.25:
Black Bean, Sweet Potato, Lentil, or Carrot-Ginger



Dessert:

Ice Cream \$4.25

Beet Zinger

Carrots, Apples, Beets, Ginger



Banana Mamba

Banana, Mango, Strawberry



Coffee n Cream

Coffee, Almond Milk, Raw Honey



Summer Smoothie Pops \$3.50

Sweet Protein

Strawberries, Peaches, Greek Yogurt, Almond Milk, Raw Honey



Pine-Kale-Ada

Kale, Mango, Pineapple, Banana, Coconut Milk



ORGANIC



VEGAN



GLUTEN FREE



HIGH FIBER



ANTIOXIDANTS



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The Juice Barn is the first ORGANIC, raw, cold-pressed juice bar in the South Shore area of Massachusetts. We are proud to use 100% organic produce, most of which are sourced from local organic farms on the South Shore! We offer raw, cold-pressed organic juices, raw organic smoothies, organic coffee, and raw organic food. Yum!!! We also are home to The Pharmacy Health and Wellness to incorporate holistic health coaching, nutritional counseling, nutrition-as-medicine classes, and offer a line of well researched natural and organic whole food supplements.

ORGANIC JUICES

-ENERGIZER

-carrot, apple, beet, ginger-

-METABOLISM BOOST

-lemon, cayenne, turmeric, maple syrup-

-RECOVERY

-kale, romaine, celery, apple, cucumber, ginger-

-ELIMINATE INFLAMMATION

-pineapple, spinach, kale, green tea, ginger, turmeric-

-DETOX

-kale, celery, cucumber, apple, romaine, turmeric, lemon-

-SEASONAL

-local organic goodness-

ORGANIC SMOOTHIES

MUSCLE MILK

-almond milk, spinach, banana, cacao, protein powder-

MORNING RUSH

-almond milk, coffee, oats, banana, cacao, cinnamon, raw honey-

POPEYE'S PUNCH

-spinach, apple juice, peach, banana-

IMMUNITY

-orange, coconut water, ginger, lemon, raw honey-

REESE'S

-peanut butter, cacao, kale, almond milk, banana, raw honey-

ANTIOXIDANT BLAST

-blueberry, pineapple, carrot, coconut milk, raw honey-

PINA-KALE-LOTTA

-pineapple, coconut milk, kale, mango, banana-

SWEET PROTEIN

-vanilla yogurt, strawberry, peach, almond milk, raw honey-

AFTERNOON DELIGHT

-kale, avocado, banana, apple juice, cilantro-

SUNRISE

-carrot, orange juice, strawberry, mango-

