

Mayo Clinic Minute

How to best get your fruits

VIDEO	AUDIO
	You can drink ...
	<i>Sound of a bite being taken from an apple</i>
	... or chew through the nutrients in fruit.
	<i>Sound of juice being poured</i>
	If you choose juice, avoid added sugars and consider how it's processed.
Title: KATE ZERATSKY DIETITIAN Mayo Clinic	If the majority of the pulp and the skin are extracted, and it's simply juice, we're missing out on the fiber and potentially other really great nutrients.
	<i>Sound of a glass attaching to a small blender</i>
	A smoothie made from skins-and-all can get you fiber. And, it's a convenient way to get several fruits.
	Just keep in mind: are you satisfied, or would you be more satisfied if you were just eating the whole fruit?
	There is thought to be a link between chewing and, say, the enjoyment of a meal
	Mayo Clinic dietitian Kate Zeratsky says eating whole fruits is more satisfying because it gets you all the nutrients and bulky fiber that keeps you full longer.
	The bottom line?
.	<i>Sound of an apple being cut</i>
	You can have fruit in many forms, but, just make sure, most of the time, it's the whole fruit.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.