

Re: The importance of Fruit and Vegetable Juices in your Diet

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- *From:* Medusa <Medusa4303@xxxxxxxx>
 - *Date:* Tue, 26 Jun 2007 17:58:12 -0700
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On Jun 25, 10:03 pm, David <david7...@xxxxxxxxxxxxxxxx> wrote:

The importance of Fruit and Vegetable Juices in your Diet
Fruits and Vegetable juices can do wonder to your health,

Juices are not as good as the whole food. E.g., orange juice is not as good as an orange. It is concentrated fructose with no fiber.

Medusa

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