**THE JUICE DIET**

The juice diet, also known as a juice cleanse, is extremely popular for weight loss, especially among celebrities. But does juicing work?

Juice diet plans that include complicated blends of vegetables and different varieties of fruits and vitamin supplements sound healthy. But if you're trying to lose weight, there are a few things to consider before trying one of these programs.

Juice drinks can be (somewhat) healthy. When you blend your own using fresh fruits and vegetables, you benefit from the wide range of vitamins, minerals, and antioxidants contained within the most popular juicing ingredients.

Blueberries, for example, are one ingredient used in many juices and they are high in vitamin C and vitamin K. So, blueberry juice has become a popular drink for people who are looking to boost their intake of these important nutrients.

If you don't typically eat a variety of fruits and vegetables in your regular diet, juicing might be a good way to get the nutrients your body needs. But there are some drawbacks to juicing as well, especially if you juice for the purpose of weight loss.

**THE BOTTOM LINE**

Juicing may help some dieters lose weight, but it's not a sustainable weight loss plan for most people. Before you try any juice diet plan, be sure to check the nutritional value of the drinks you will consume.

Fresh juices contain important vitamins and antioxidants that can benefit your health.

However, fruits and vegetables are still the healthiest and most nutritious when consumed whole.

Using juices as a meal replacement can be bad for your body.

This is because juice on its own is not nutritionally balanced, as it does not contain sufficient protein or fat.

Consuming enough protein throughout the day is necessary for muscle maintenance and long-term health

Before you think about giving this a go, discuss the plan with your health care professional to make sure it provides the nutrients your body needs to stay healthy.