

❖ Juicer

- Recommend a citrus juicer for citrus
- Comparison sites
  - <http://canvasli.com/>
  - <http://www.thebestjuicerratings.com/>
  - <http://doctorcris.hubpages.com/hub/How-To-Pick-The-Right-Juicer>
  - <http://www.bedbathandbeyond.com>

<b>Centrifugal</b>	<b>Masticating</b>
<ul style="list-style-type: none"><li>• Popular brands<ul style="list-style-type: none"><li>• Breville</li><li>• NativeJuicer</li><li>• Acme</li><li>• Jack Lalanne</li></ul></li><li>• Spins at high speed chopping the food and separating the juice</li><li>• Louder and faster</li><li>• May be better at juicing some rinds (pineapple)</li><li>• Produces heat which may decrease the nutritional value</li><li>• Tend to have a larger food chute so less chopping is necessary</li><li>• Only juices</li></ul>	<ul style="list-style-type: none"><li>• Popular brands<ul style="list-style-type: none"><li>• Omega</li><li>• Champion</li></ul></li><li>• Grinds the food slowly (like chewing) to separate the juice</li><li>• Quieter and slower</li><li>• May be better at juicing leafy greens (wheat grass, herbs, kale, spinach, chard)</li><li>• Does not create any heat since it works slowly grinding the food</li><li>• Smaller food chute requiring a bit more food prep</li><li>• Can make nut butters and frozen desserts</li></ul>