



Needham Wellesley Family Medicine PC

65 Walnut Street, Suite 420
Wellesley Hills, MA 02481
(781) 235-3444. FAX (781) 235-6888
www.needhamwellesleyfamilymedicine.com

Parul Desai, MD

American Board of Family Medicine

Leonard M. Finn, MD

American Board of Family Medicine

Bruce Tofias, MD

American Board of Internal Medicine

Andrew C. Young, DO

*American Board of Family Medicine
American Osteopathic Board of Family
Physicians*

Nina Lasser, MSN, FNP—C

American Academy of Nurse Practitioners

**Hayley R. Geller, MSN,
FNP—C**

American Academy of Nurse Practitioners

Smoothies, Shakes, and Fruit Juice

Pureeing healthy fruit separates sugar and fiber from the skin and pulp of the fruit. When we drink smoothies or fruit juice, the freed up sugar in the smoothie, juice, or shake raises our blood sugar to extreme levels. When our body sees the excess sugar levels, it stores these sugar calories and we gain weight. The high blood sugar levels also cause insulin levels to rise excessively and this results in low blood sugar levels which trigger weight gain and hunger. When we take the same energy in liquid instead of solid form, we consume more calories (Mourao). There is no time for the body to note hunger relief, satisfaction, or fullness and excess calories are consumed unnecessarily. The liquid form does not satisfy our appetite as much as the solid form would because it is digested so quickly (Mourao). Smoothies, juices, shakes, and other blended drinks are marketed aggressively, though they are very unhealthy.