Juicing has become a hot topic in nutrition over the past few years. You may have heard how juice cleanses supposedly detox the body, help you loose weight fast, and aid in meeting your daily fruit and vegetable requirements. While juicing might sound like the quick fix to some of your health and wellness worries, it is important to know the facts before hopping on the juicing bandwagon.

Detoxing the Body
Juicing claims to detox your body and purify it of toxins. But your body already has a built in system for detoxing itself - the liver, kidneys, and GI tract. The best way to “detox” your body is to eat a balanced diet and drink plenty of water. You body will do the work for you.

Weight Loss
Juice cleanses often require consuming only juiced fruits and vegetables for a few days at a time. This drastic drop in caloric intake may result in initial weight loss, but this type of eating plan is not sustainable for the long haul. Not only will you feel tired and sluggish, you will be missing out on important nutrient groups like protein and fat.

Getting Your Fruit & Veggie Fix
It is recommended men and women consume 5-5 1/2 cups combined of fruits and vegetables per day. Juicing seems like the perfect strategy to get your daily fix. But watch out! When you juice fruits and vegetables you may be consuming way more than you would if you ate the whole food. For example, you typically need 4-6 large carrots to yield 8 ounces of carrot juice. Most people would not eat that many carrots in one sitting! The best method for getting your fruit and veggie fix is to eat whole food sources.

What is Juicing?
Juicing by definition is the process of separating the juice from the pulp of fruits, vegetables, and plant foods. When you juice fruits and vegetables you are separating all the good for you fiber away from the juice you consume. Fiber promotes gastrointestinal health and also helps you maintain a feeling of fullness. In addition, fiber can help reduce the risk of heart disease, diabetes, and certain types of cancer. The lack of fiber, fat, and protein in a juice can lead to a spike in blood sugar and increased appetite.

Before you go juicing, think about the health consequences. You will be better off eating a balanced diet made up of fruits, vegetables, lean protein, whole grains, and low-fat dairy.
Meet your fruit and vegetable needs by making a nutrient dense salad! Featuring whole grains, dark leafy greens, nuts, and fruit this salad can be assembled in your dorm or right at home! For other tasty recipes visit https://www.mindful.sodexo.com/

**INGREDIENTS**
- 1 cup farro
- 1 1/4 cups walnut pieces
- 1/4 cup extra-virgin olive oil
- 3 tbsp fresh lemon juice
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 3 cups shredded kale leaves
- 1/2 cup finely diced red onion
- 1/4 cup chopped Italian parsley
- 1 1/4 cups feta cheese
- 2 cups quartered red grapes

**NUTRITION**
- SERVINGS: 1 1/4 cups
- CALORIES: 370
- CARBS: 30g
- PROTEIN: 11g
- FAT: 24g
- SAT. FAT: 5.6g
- CHOLESTEROL: 20mg
- SODIUM: 300mg

**DIRECTIONS**
1. Cook farro according to directions on the package. Drain well, then place in the refrigerator to cool completely.
2. Toast the walnuts in a dry skillet over medium-high heat, stirring frequently, until fragrant and lightly browned (3-5 min). Set aside to cool, then chop.
3. In a small bowl, whisk together the oil, lemon juice, salt, and pepper. Place the kale in a medium bowl, add half of the dressing, toss to combine. Add the onion, parsley, and remaining dressing to the farro and toss to combine.
4. To assemble, place the farro in the bottom of a large glass bowl, patting down slightly. Add the kale on top. Sprinkle with feta cheese. Then layer with the grapes and finally the walnuts.