

WHICH JUICE FOR WHAT?

BEETROOT JUICE FOR ACHING MUSCLES

Beetroot juice boosts stamina by making muscles more fuel-efficient, scientists have found. The same researchers said that the juice can increase physical endurance. They found that drinking beetroot juice doubled the amount of nitrate in the blood and reduced the rate at which muscles used their main source of energy. It helped muscles work more efficiently and lowered their oxygen uptake.



ORANGE JUICE KEEPS ARTHRITIS AT BAY

Drinking a glass of orange juice a day may help stave off arthritis. Certain carotenoids, compounds commonly found in oranges appear to be responsible for the positive effects. The findings have suggested that carotenoids, the chemicals responsible for the colouring of fruits and vegetables, can reduce inflammation through antioxidant effects.



GRAPE JUICE TO ENHANCE MEMORY

Drinking purple grape juice can reduce or even reverse memory loss, scientists claim. In a study, those who drank a pure variety for 12 weeks saw their performance improve in a series of mental tests.



TOMATO JUICE FOR SUN DAMAGE

Forget the expensive skin creams, tomato juice may provide the best defence to keeping skin looking young and safe from sun damage, say scientists. Tests show that eating tomato paste could help protect against sunburn and skin ageing. The age-defying ingredient is lycopene - the natural pigment that makes tomatoes red - with highest levels found in processed or cooked tomatoes used in ketchup.

