



A NUTRITIONAL, MEDICINAL, AND HIGHLY FLAVORFUL GUIDE
TO THE PERFECT POSTRUN DRINK BY LESLIE GOLDMAN

Juicy Details

IT'S HOT OUT, YOU'VE FINISHED YOUR WORKOUT, YOU'RE STANDING IN FRONT OF THE mini-mart fridge considering your options. Water isn't quite enough, and you had a prerun sports drink. Here's something new: a juice blend called pomegranate blue. Sounds refreshing and, as a bonus, healthy. But is it?

"All juices are not created equal," says Princeton University sports dietitian Mandy Clark, R.D. "Are you getting nutrients or are you drinking sugar water?" Indeed, some fruit-juice products contain only 10 to 15 percent juice; the balance includes as much as 27 grams of high-fructose corn syrup, sucrose, or even the healthful-sounding organic cane sugar. They may look like fruit juice, but technically they're "fruit drinks," and the distinction is important. Nutritionally speaking, fruit drinks are not much better than soda and should be consumed sparingly, according to the Beverage Guidance Panel, a group of health experts established to make recommendations on what and how much Americans should drink to stay healthy and control their weight.

The trick is to scrutinize the label for the words "100 percent juice." "Choosing only 100 percent juice ensures you're getting nutrients," says Clark.

It's worth the effort because fruit juices can deliver big benefits. Eight ounces of OJ, for instance, provides 120 percent of the Daily Value (DV) of vitamin C and is a good source of potassium and folic acid; fortified versions offer up to 35 percent of calcium or 25 percent of vitamin D. Pineapple juice has 100 percent of your vitamin C and 10 percent of your potassium for the day. The polyphenols in Concord grape juice have the same protective effect against heart disease as red wine, minus the buzz. Recent studies suggest that trendy drinks like pomegranate juice and goji berry extract offer huge amounts of antioxidants, and cherry juice has been linked to relieving muscle soreness. And a study in the September 2006 *American Journal of Medicine* suggests that drinking three servings of juice a week—your choice—may help fight dementia and Alzheimer's disease.

Juice's status as a high glycemic index beverage makes it a great postrun choice because it helps restock your carb supply. Blend it with yogurt (for a

WARMUPS

little protein) and you've got a perfect recovery drink. And because intense and prolonged exercise can compromise the immune system, citrus juices can help runners get their DV of vitamin C and keep their defenses strong.

Think Before You Drink

But hold on before you gulp down that second big glass of 100 percent pineapple-orange-strawberry blend. Juices pack a lot of calories compared with their whole-fruit sources. An eight-ounce glass of orange juice has 110 calories, while the fruit has only 65, which doesn't sound like such a big deal until you realize how much easier it is to keep sipping than to peel another orange. And juices are less filling. "If you eat the whole orange or apple, you get fiber, which is mostly lost during the juicing process," says Clark. Whole fruit bulk makes you feel fuller than liquid calories. Plus, some nutrients are lost during the juicing process because they hide out in the skins, peels, pulp, and membranes of many fruits. Oranges, for example, contain five times the amount of the antioxidant flavanone in orange juice. To prevent from going overboard on calories, keep your intake of all drinks—milk, juice, smoothies—to no more than 14 percent of your daily total calories, recommends the Beverage Guidance Panel. For a 2,000-calorie day, that might be a glass of low-fat or fat-free milk (80 to 140 calories) and four to eight ounces of juice (50 to 120 calories).

You might be tempted to save calories by drinking one of the many new "light" juice options, but while they do

Top Squeezes REACH FOR THESE 100 PERCENT JUICES TO SATISFY YOUR THIRST AND FILL YOUR NUTRITIONAL NEEDS

IF YOU'RE LOOKING FOR...	TRY	HERE'S WHY
FIBER	Tropicana Pure Premium Orange Juice with Fiber	Eight ounces contain three grams of fiber—the same amount in a whole orange.
	Welch's 100% Grape Juice with Fiber	Has about two grams of fiber, or 10 percent of your DV.
A MULTIVITAMIN	Knudsen Vita Juice	Boasts 100 percent of the DV for 11 vitamins per eight-ounce serving.
ANTIOXIDANTS	Santa Cruz Organic Concord Grape Juice	Concord grape juice contains more free-radical-fighting antioxidants than a cup and a half of fresh blueberries.
	Nantucket Nectars Organic Cloudy Apple	Cloudy varieties contain four times as much of the antioxidant phytochemical polyphenol as clear juice.
	CherryPharm, CHERRish	A new study suggests that drinking cherry juice can speed up recovery due to its high antioxidant levels and anti-inflammatory properties.
	V8 Juice	An eight-ounce glass equals two servings of vegetables and contains four times as much of the antioxidant lycopene as a medium tomato.

cut calories, most have fewer nutrients and contain artificial sweeteners. If you opt for a light version, make sure it has at least 40 percent juice; this way you're getting some nutrients.

Whichever juice you choose, you'll want to save it for post-run. "Juice is not a good idea just before or during exercise," says exercise physiologist Susan J. Hewlings, Ph.D., R.D., an assistant professor at Stetson University in DeLand, Florida. "The glucose is too con-

centrated and can pull water into the intestines, causing cramping."

Vegetable juice is the exception. The high sodium content, especially in tomato juice, could help stave off cramps during a run, says Clark. (Avoid it if you have hypertension.) Plus, vegetable juices are naturally lower in calories (50 to 70 per eight-ounce serving), and, while their nutritional résumés aren't as impressive as citrus juices are, tomato juice provides the full DV of vitamin C, and some carrot juices can pack a whopping 700 percent of the DV for vitamin A.

Be sure to return the juice carton to the fridge; temperature, light, and time can decrease vitamin C's efficacy. And when you have the option, choose a freshly squeezed juice—hands down it contains the most nutrients of any juice product. So next time skip the mini-mart and head straight for the juice bar. **RW**

Training Table

WHAT THE ELITE EAT

"I love mashed potatoes the night before a race, along with steak or chicken. I add garlic, salt, and a little sour cream for flavor and texture."

—FRANCES SANTIN, third in 800 at 2006 USA Championships

