



Isabel Smith's Favorite Juices

by Isabel Smith, MS RD CDN

I'm Isabel Smith, Registered Dietitian and founder of [Isabel Smith Nutrition](#) –a New York City based nutrition and wellness practice.

I'm a believer in putting clean, organic, well-sourced plants (and food in general) into our bodies for optimal health and wellness, and I like to think of every eating/drinking occasion as one where we have a great opportunity to nourish our bodies. So to follow this, I'm careful with what I put in my mouth, and try to make sure whatever I eat (and drink) has some nutritional benefit for my body.

As part of my efforts to feed my body healthy, plant-based food (and liquids), I love to include healthy and delicious mostly-veggie based juices like Biotta's Juices as an added source of nutrients, and also to help fuel my exercise.

Overall, I find that most of us don't get enough healthy produce into our day- which includes both vegetables and fruits as well as other plant-based foods like nuts, seeds, beans and hearty grains too.

So in my practice, and in working with people (and brands) I always promote finding easy ways to get more nutrient-packed produce in at each meal and snack. Whether it be with athletes, weight loss clients, or others (and myself too!), I can always find benefit in helping someone incorporate more plant-based foods and liquids into their day, which can also include vegetable-based juice (like Biotta!) in addition to meals or in place of snacks; for example, in the case of athletic performance, muscle recovery, heart health, brain health and more.

Of course it's also important to remember that the overarching secret to success in health and wellness is everything in moderation – except when it comes to adding more plants, this is almost always a plus in any amount.

A few of my favorite Biotta Juices:

I have a few favorite Biotta juices that I frequently both consume and recommend, so here's my top three favorites, along with a few of their individual health benefits:

1. **Beet Juice:** Beet juice is a hit for many and can benefit many different types of people too. From athletes to the elderly, beet juice can be used to promote heart and brain health and can also be used to promote exercise endurance (I'll often drink beet juice before I workout). Additionally, beets are loaded with anti-inflammatory nutrients called anthocyanins.
2. **Carrot Juice:** I love carrot juice, and sometimes I'll mix in a little beet juice with it as well. Carrots are a source of carotenoids that may help to protect against sun damage, and they're also a good source of vitamins A and C- great for boosting immunity too (good for warding off that summer cold).
3. **Breuss Vegetable Juice:** This is my last but not least favorite, because it contains a great mix of many different types of produce like beets, carrots, celery, radishes and potato. This cocktail juice is a source of heart-healthy potassium that's also key for healthy muscle contraction and promoting healthy blood pressure. I usually add this juice to a breakfast or lunch meal or even have it as a snack by itself.

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