

AVERAGE YIELDS FOR FRUITS & VEGETABLES

APLES: 8 TO 10 Oz Per lb. of Fruit

CHERRY: 6 to 8 Oz. Per lb. of Fruit

CRANBERRY: 4 TO 8 Oz. Per lb. of Fruit

GRAPES: 8 Oz. per lb. of Fruit

GRAPEFRUIT: 320 Oz. per case of Fruit (#56)

LEMONS: 190 Oz. Per Case of Fruit (#115)

LIMES: 4 to 5 oz. Per lb. of Fruit (peel and feed into Vitamat)

MELONS: 6 TO 8 Oz. Per lb. of Fruit

Oranges: 320 Oz. Per case of fruit

PAPAYA: 3 Oz. Per lb. of Fruit (high speed blender)

PEACH: 1 to 3 Oz. Per lb. of Fruit

PEAR: 4 to 8 Oz. Per lb. of Fruit

PINEAPPLE: 4 TO 6 Oz. Per lb. of Fruit

STRAWBERRY: 4 To 5 Oz. Per lb. of Fruit

RASPBERRY: 4 To 5 Oz. Per lb. of Fruit (high speed blender)

WATERMELON: 6 To 10 Oz. per lb of Fruit

BEETS: 6 To 8 Oz. Per lb. of Beets. (Mixes well with apple, carrot, and cucumber). Beet juice taken in excess can cause stomach upset. An ounce or two mixed with other juices is plenty.

CABBAGE: 6 Oz. Per lb. of Cabbage. Will cause gas in some people. Scientists believe the active ingredient in cabbage juice that helps heal ulcers. Scientists believe the active ingredient in cabbage juice that helps heal ulcers is vitamin U.

CARROT: 8 Oz. Per lb. of Carrot. The King of vegetable juices. Extremely high in Pro-vitamin A, which the body converts to vitamin A. An overall tonic and rejuvenator!

CELERY: 1 Oz. Per every two to three stalks of celery. Because of its slightly salty taste, celery juice is an excellent component of any vegetable juice combination. It is especially effective for nervous conditions because it produces a calming effect; and for weight reduction diets, as it curbs the desire for sweets.

CUCUMBER: 4 to 6 Oz. Per lb. of unpeeled cucumber. Waxed cucumbers should be peeled before juicing. The cucumber is a natural diuretic. It is exceptionally rich in potassium, the "Youth Mineral", which promotes flexibility in the muscles and gives elasticity to the cells that compose the skin.

LETTUCE: 2 to 8 Oz. Per lb. of lettuce depending on the variety you choose. Heavy varieties yield more juice; drier looser-leafed varieties yield less juice. Lettuce juice adds shine, thickness, and health to hair and skin. It does more to promote hair growth than hair growth than hair dressings or scalp treatments because it stimulates growth by sending vital nutrients to the roots of the hairs.

PARSLEY: 1 to 2 Oz. juice per three-inch bunch of parsley. Like the juice made from wheatgrass or beets, parsley juice is very concentrated, and is therefore best mixed with other vegetable and green juices. One ounce of parsley juice mixed with seven ounces of another juice or blend of juices is plenty.

TOMATO: 8 to 10 Oz. Per lb. of Tomatoes. Fresh tomato juice is rich in vitamin C, and is highly cleansing to the liver. Fresh tomato juice stimulates circulation and the heart, and adds to the texture and flavor of fresh juices it is used in.

WATERCRESS: 1 to 2 Oz. per bunch of Watercress. An excellent source of chlorophyll; a good source of vitamin C, calcium and potassium. It stimulates oxygen metabolism, circulatory functions, and the heart. Used for weight loss, watercress juice quickens metabolism and thus aids the conversion of fat to energy. It is also useful in preventing menstrual discomfort. Watercress juice is strong both in effect and flavor, it is best used in combination with other juices. One ounce mixed with other vegetable juices is plenty.

SPINACH: 4 to 6 Oz. per lb. spinach. Used in moderate amounts, in combination with other juices once or twice weekly. Because spinach is rich in oxalic acid (an acid that requires exercise to metabolize), one should increase their activity level if more than moderate amounts are used.