The Juice Smart Formula

A good glass has a mild base, a body, a little sweetness, some brightness and an accent.

The five parts

Part	Its job	Share of the glass	Examples
Base	Mild, watery, refreshing: the canvas	About 50%	Cucumber, celery, romaine, fennel, zucchini, a splash of water or coconut water
Body	Substance, color, character	20–25%	Carrot, beet, tomato, red bell pepper, spinach, kale, cabbage, broccoli, jicama
Sweet	Balance and drinkability	15–20%	Apple, pear, pineapple, orange, berries, melon, mango, grapes
Bright	Acid that lifts everything	5–10%	Lemon, lime, cranberry, grapefruit
Accent	A little punch	Up to 5%	Ginger, turmeric, mint, basil, parsley, cilantro

Build a glass in five steps

1. **Pick a base.** Cucumber is the friendliest. Celery is more savory.
2. **Pick a body.** Carrot is mild; beet is earthy. Add a green if you're feeling brave.
3. **Pick a sweet.** One apple or pear covers a 12-ounce glass.
4. **Add something bright.** Half a lemon or a lime.
5. **Add an accent.** An inch of ginger, or a few mint leaves.

Taste it, then fix it with the table below.

Amounts that work

For about 12 to 16 ounces (1½ to 2 servings), whole produce:

- **Base:** 1 to 2 medium cucumbers, or 3 to 5 celery stalks
- **Body:** 2 to 4 large carrots, or 1 beet, or 2 cups of leafy greens
- **Sweet:** 1 apple or pear, or 1 cup of pineapple or berries
- **Bright:** ½ lemon or 1 lime
- **Accent:** 1 inch of ginger, or a small handful of herbs

The repair table: what to do when it tastes wrong

It tastes…	Why	Fix
Too sweet	Too much fruit or carrot	Add cucumber, celery, lemon or lime, or dilute with water
Flat or dull	No acid	Squeeze in lemon or lime, a little at a time
Too grassy or bitter	Too many greens, or kale stems	Add apple, pear or pineapple; use fewer greens next time; remove stems
Too earthy	Too much beet or carrot	Add orange, lemon or ginger
Too spicy	Ginger or cayenne	Add cucumber or apple, or dilute with water
Too salty	Lots of celery	Cut the celery in half and add cucumber
Too thin	Too much cucumber	Add carrot, apple or a few spinach leaves
Too thick	Mango, banana, pear or beet	Dilute with water, coconut water or cucumber
Foamy	Fast juicer; apple, pineapple	Skim, strain, or let it settle for a minute
Separating	Perfectly normal	Stir or shake, and drink soon
Browning	Oxidation	Add lemon juice, fill the jar to the top, drink sooner

The sugar budget (per 8 oz): low sugar 8 g or less · moderate 9–14 g · a treat 15 g or more.

General information, not medical advice. If you take medication or have a health condition, read the Safety Guide in the book first.