

Behind the (Juice) Bar

Healthy juice bar combos found around Fairfield County

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With spring's arrival comes an awakening, and for many of us that means more attention to what—and how much—we eat. Personally, I get overwhelmed when I think about tweaking my diet, but the good news is there's a simple, delicious way to get daily servings of fruits and veggies without a lot of fuss: Juicing. This method of “drinking” your food allows you to get more of the good stuff you need (3/4 cup of juice counts as one serving of fruits and veggies) and maximizes the body's absorption of vitamins, minerals, enzymes and fiber.

“Juicing is not only great for its nutritional benefits, but it's economical because you use parts of the fruits and vegetables you'd throw away with normal preparation,” explains certified nutritionist Cherie Calbom, MS, CN. Known as The Juice Lady, Calbom is the author of several books, including her latest *The Juice Lady's Big Book of Juices and Green Smoothies: More Than 400 Simple, Delicious Recipes*. Calbom also touts the feel-good perks of eating clean, citing a recent study published in the *British Journal of Health Psychology* that followed 281 young adults who ate 7-8 servings of fruits and veggies a day for 21 days. At the end of the study, scientists concluded that eating several daily servings of fruits and vegetables seemed to promote energy, happiness and boost overall emotional well-being among the subjects. So next time you're out and grabbing something to go, think about switching your latte for a fresh juice instead. Lucky for us, there are places sprouting up everywhere in Fairfield County that offer these tasty, made-to-order healthy fixes.

Meli-Melo

Where: 362 Greenwich Avenue, Greenwich; 203-629-6153

What: My favorite of the juice places by far, but possibly because I'm a fan of their amazing buckwheat crepes! This charming creperie started in 1994 as a 14 fourteen-table restaurant, and has grown leaps and bounds, and currently serves an early bird breakfast, lunch and dinner. Meli-Melo is no stranger to the juice world—they began in 1994 with fruits only, have grown with the times, and are imminently launching a new juice bar menu featuring fresh health and detox smoothies created by Hartford-based holistic health coach Kevin W. Reese.

The Skinny: Regulars (like me!) love the **spinach/lemon/kale/celery/basil juice**. But on their soon-to-be-released menu, I can't wait to try the “Sunlight,” which includes Celery, Baby Spinach, Parsley, Lemon, Ginger and Apple, and was formulated with “overall health and optimal body function” in mind.
