



Green vegetable smoothies are better for health than Huel and Soylent

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Abstract

Green vegetable smoothies are high in vitamins such as C and A, antioxidants, chlorophyll, dietary fibre, low levels of sucrose, glucose and calories and contains HDL Cholesterol. They are a great source of non-dairy calcium and magnesium. They contain carotenoids and foliates and all this guards against a risk of CVD. Green smoothies do not contribute to salt intake a predisposing factor for CVD and stroke. Soylent and Huel derive energy from refined sugars (acid converted glucose syrups and hydrolysis of edible starches e.g. Maltodextrin, Isomaltose, Isomaltooligosaccharide with amounts capable of spiking glucose levels. 50 percent of calories are derived from Canola oil, a partially hydrogenated fat or MCT a fatty acid from Coconut oil that raises LDL Cholesterol increasing the risk of CVD. Fibre is added and absorption rates are less than natural dietary fibre. They contain synthetic vitamins and minerals and supplements such as (Soy, Brown rice or Pea) proteins and although may reduce cholesterol and blood pressure have issues such as potential Arsenic that can increase the risk of diabetes. Their source of Calcium can cause arterial calcification and potential atherosclerosis disease. The aim of the study was to examine the effects of green vegetable smoothies with Huel and Soylent on the risk of CVD, diabetes and stroke. Studies show green smoothie consumption guards against the incidence of CVD and this observation has been confirmed in cardiovascular health studies.

Conclusions:

This research has positive implications for green smoothies for guarding against heart disease and diabetes. Consumption of green smoothies should be promoted on a global scale, especially in the case of subjects with cardiovascular problems, diabetes and stroke survivors whereas studies do not correlate Huel and Soylent with a lower risk of heart disease and diabetes

Biography

Angom Ocan has completed her MBA at the age of 37 years from Hull University and Post Graduate Diploma studies from Hull University Grimsby School of Fisheries & Food, Fruit & Vegetable Technology and previously Biology & Chemistry BSc from De La Salle affiliated to Manchester University. She is the Proprietor of The Lakor Consultancy a Food Hygiene & Safety service organization. She has 25 years' experience in Food manufacturing in Technical management in private industry and consulting with SME's.



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