- Eating customs

Which of these methods is considered healthier?

Comparing popular health trends to see their effectiveness

Manila Bulletin · 27 Aug 2025 · B-7 · CHESHIRE QUE, RND, RN, RD

Living at a time when information is just one click away, we get bombarded with an overwhelming amount of health recommendations. It gets so confusing because a lot of this information is not even scientifically sound or evidencebased. The problem lies in the detrimental effects on our overall health, or worse, complicate and aggravate existing medical conditions. There are irresponsible and reckless pseudo-health experts lurking on the internet, ready to pounce on a vulnerable victim. Don't be a casualty. Here are some common popular health trends that cause some confusion due to conflicting opinions between health professionals and quacks.



There are irresponsible and reckless pseudohealth experts lurking on the internet, ready to pounce on a vulnerable victim. Don't be a casualty.

Juicing vs. blending

Juicing is the process of extracting the liquid part of wholesome fruits and vegetables. In the process, the micronutrients or vitamins, and minerals are more concentrated than in smoothies. Juices, however, although 100 percent fruit and vegetable, don't contain fiber, unlike blended fruits and vegetables or smoothies that retain the fiber. Smoothies have higher antioxidant and phytonutrient content because these plant chemicals are mostly bound to fiber. Phytonutrients and antioxidants help neutralize free radicals caused by oxidative stress that damage cells in the body. Fiber helps control the absorption of sugar or glucose in the blood, therefore preventing spikes in blood glucose level compared to plain juices. Though what we add to smoothies can make them unhealthy. For example, adding animal milk can greatly decrease the potency of the beneficial phytonutrients. Adding sugar and other artificial flavorings will not only add unnecessary calories but also counteract the anti-inflammatory benefits of the plant chemicals and fiber. Smoothies are best consumed if made from wholesome fruits, vegetables, and some ice. Nut milk or soymilk, nuts, and seeds can also be added in small amounts to add flavor and texture, as well as good fat and plant protein.

One meal a day or three meals a day

Eating one meal a day will initially make you lose weight faster than having three meals a day. When it comes to optimum health and nutrition, however, there is just no way you can get all the nutrients that your body needs to optimally function with just one meal. Truth is, you can consume all your total caloric requirement in a day with just one meal. After all, a five-foot-tall, sedentary adult woman requiring around 1,200 calories a day can easily eat a burger, fries, and soda in one meal to meet that amount of calories. But the question is, "Is it healthy and nutritionally adequate?" It's not just about calories, carbohydrates, protein, and fat that matter when we're eating food. We need vitamins, minerals, fiber, antioxidants, and phytonutrients or plant nutrients for optimum health. Highly processed food is devoid of these nutrients.

cheshireque@gmail.com

Scan the QR code to read the full article.