

Should choose a normal juicer or a slow press?

Regular juicer and slow press, which is better? Compared to presses that often use centrifugal pressing technology, slow presses help squeeze out the water in fruits and vegetables, keeping 98% of the vitamins in the juice completely. Please refer to the article below to select the appropriate press machine!

The juicer must be no stranger to housewives. However, on the market today is very hot product line of slow pressing machine possesses many features that surpass the presses that are often loved by women. So, is this slow press product really that good? Should I choose to buy a normal press or a slow press? The following article will help you answer those questions!



The reason you should own a juicer

Supplementing vitamins and fiber, good for health

Compared with fiber supplementation by eating regular vegetables, drinking fruit juice, vegetables helps the body absorb more easily. In addition, it is also a great way to provide vitamins and minerals in vegetables, especially if your family has young children.

More reference: Which fruit juicer is the cheapest?

Save time and effort

Instead of spending a lot of time squeezing water or pounding fruit juices, using the press takes only a few minutes and you have a nutritious juice right away. In addition, the juicer will squeeze out the water, keeping the

flavor and nutrients of the fruit more than normal water extracting.

See more: Top 5 juicer selling at META.vn



Squeeze a variety of fruits and vegetables

Juicer can squeeze many fruits: melon, apple, kiwi . and a variety of vegetables such as carrots, cheeks, cauliflower . In addition, some types of fruit presses are available. Being able to squeeze whole frozen fruit to create cool, attractive ice cream on hot summer days.

See also : What kind of fruit juicer do you buy?

Simple to use, safe

Currently, all kinds of juicer are equipped with extra safe mode, limit overload or short-circuit. Anti-slip brackets ensure user safety and increase machine durability.

Should I choose to buy a normal press or a slow press?

These are all juicer, however, slow presses are more expensive but are preferred over the quality of juices. Presses often operate with centrifugal crushing force, can produce heat up to 70 degrees Celsius, enough to break down most of the vitamins and nutrients available in pressed ingredients. Moreover, when nutrients are broken down by structure, air will be oxidized more easily, creating a classification phenomenon in the cup of finished products.

In contrast, with a slow press, under the compressive force of the screw, the raw material is crushed to extract almost all of the available water in the vegetables without losing nutrients or vitamins in the material, helping you Get a delicious, nutritious juice glass.



See also: Evaluate 3 most popular low cost low cost presses

For more details, you can refer to the comparison table of 2 types of normal presses and slow presses in the table below:

Regular presses	Slow presses
Low retention of vitamins	Retains vitamins 6 times more (98%)
The amount of juice is equal to ch?m of slow pressure	The amount of juice is 2 times
The amount of residue is higher due to water residues containing less residue , due to less water	Separated and easily oxidized products
Less water splitting, or long periods of water separation	Color and flavor of highly altered materials
Maintain colors and flavors of fruits and vegetables tubers	Pressed well vegetables, leaves (green mustard, chubby, .)

More reference: Advantages of slow speed juicer



Because of the integration of many outstanding features, the slow speed juicer has a higher price than the conventional presses. Prices of slow press products fall in the range of more than 1 million to several tens of millions. If you do not have economic conditions but still want to own a handy slow press for your family, you can refer to "Top 3 slow speed juicer cheap".

Hopefully with the above article, you will choose the best press machine for your family. Thank you for your interest and follow up!

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