

Kitchen Gadgets for those Who Want to Diet

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There are a lot of people now who are becoming more and more conscious about their health. Many are following strict diets to get optimum nutrition and to control their weight. Though there are restaurants that serve only healthy food - like those vegetarian restaurants and organic stores - the food they serve is very expensive.

So if you are on a budget, it is better to prepare healthy food in your own home. You are not only assured that what you are eating is really healthy, you also save a good amount of money.

If you decide to eat healthy food at home, you must have any of these machines in your kitchen.

Juicer - They say that fruits and fruit juices contain a lot of vitamins and minerals that our body needs. They also help improve the immune system. A juicer is used for squeezing juice from fruits like oranges and lemons. It usually looks like a cone with ridges set on a bowl. To extract juice from the fruit, you just need to halve the fruit and put the cut-side down over the ridged cone. You then press the fruit down and twist.

Juice extractor - A juice extractor serves the same purpose as a juicer. Both are used to extract juice from fruits. However, most juice extractors are electric. Juice extractors also separate the pulp. This is something that a juicer cannot do.

There are three types of juice extractors. One is called the centrifugal juicer. It has rotating blades to extract the juice. It also uses a sieve to separate the pulp and seeds from the juice. Another type is the masticating juicer. Juice is squeezed only after the fruit is masticated to a pulp. The third type is the triturating juicer. It works by crushing the fruit and then pressing it down to extract the juice.

Blender - A blender is an electrical machine that is used to do many different tasks. It can be used to make purees. It can also be used to mix cocktail drinks or make fruit shakes. It can also handle tasks such as grinding coffee beans and grating cheese. Some also use the blender to make peanut butters. Others use it to mix olive oil and basil leaves to make pesto sauce.

Food processor- A food processor can do many different things as well. It can be used to slice or chop vegetables. It can also be used to grind nuts and even meat. Pureeing can also be done using it. Even heavy stuff like kneading dough can be done using a food processor. Some of its uses are also similar to those of a blender's. However, a blender normally has only one blade set to perform these tasks while a food processor uses a variety of blades designed for specific purposes.

Fruit slicer - A fruit slicer is a kitchen gadget that is usually left unnoticed. It is a circular machine with a corer and blades. You just put it on one end of a fruit like an apple or a pear making sure that the corer is at the center. You then press down and in just a few seconds, you have a few slices of your fruit to share and enjoy.

You do not need to have all of these machines. One or two will already help you with your goal of becoming and staying

healthy.

Sebastian Marders loves writing about a variety of things and sharing the website that inspires each piece with his readers. If you are interested in browsing a selection of Oster commercial blenders, the Braun Multiquick immersion blender, and Margaritaville Bahamas blender then please visit.

Weight Loss

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