

Juicers 101: Different Types of Juicers and How They Measure Up

JUICERS 101 THE DIFFERENT TYPES OF JUICERS ...AND HOW THEY MEASURE UP



Before you set off to buy a juicer, it's helpful to get acquainted with the main **types of juicers** and how they differ from each other. **How** a juicer makes juice will contribute to important factors such as [how long fresh juice will last](#). Different types of juicers will also determine the variety of produce you can juice, as well as vary in what you can use the juicer for - some are multifunctional and allow you to do things like make nut butters and even pasta.

Others are **just juicers**.

Of course, the type of juicer you end up choosing should be based on what **you** want to use the juicer for. As you read through the different types of juicers and how they compare to each other, keep in mind what **you**, specifically, are looking to do with your juicer.

We say this because it's so easy to get distracted by all the bells and whistles of an awesome juicer (when all you want to do is make some apple juice) and end up buying something that's overqualified to do the job you're looking for.

Here is a quick summary of the various types of juicers and how they stack up against each other!

CENTRIFUGAL JUICERS

Centrifugal juicers are popular since they're the most available (readily found in all department stores) and usually the most affordable of the electric juicers. You can get an excellent one for the same price as the [Z-star manual juicer](#).

Centrifugal juicers are named for the way they work. These juicers produce juice by using a cutting blade to first **chop up** the produce and then **spin** the produce at a very high speed, sort of like how a washing machine wrings out the water from wet clothes. There is a strainer basket with little holes that allows the juice to pass through,

while keeping the pulp behind.

This unique **spinning** system combined with the cutting blade is what differentiates this type of juicer from the other electric juicers, which grind, press, or squeeze the juice. And this is what gives this type of juicer its unique perks and drawbacks.



For example, there is only so much extraction that can happen from the rapid spinning action, which makes centrifugal juicers less efficient at extracting juice than single or twin gear juicers which grind every drop of juice from produce. At the same time, the rapid spinning also creates heat and friction that can oxidize the fresh juice, degrading the taste as well as compromising the quality of nutrients.

Still, it must be said that centrifugal juicers are easy to use and easy to clean - plus, they tend to be much faster at producing fresh juice than other electric juicer types.

[Read more about the pros and cons of centrifugal juicers here!](#)

JUST JUICE'S REVIEW

Some juicers don't recommend centrifugal juicers since they often produce more waste than other juicers and also cause the juice to oxidize faster. BUT - I think centrifugal juicers definitely have a place in the life of juicers who are really looking for an efficient juicer. I mean, it's great to have a wonderful juicer that produces really dry pulp and fresher-than-fresh juice, but if you don't have the time to use it because it takes too long to juice and then to clean up...what's the point?

Even if the centrifugal juicer doesn't extract the full juice out of produce, it is fast, efficient, and really easy to use. It's perfect for someone who does not have a lot of time to juice but still wants a fresh cup or two every once in awhile.

[Read reviews of the best centrifugal juicers!](#)

MASTICATING (aka SLOW JUICERS)

Masticating juicers are relatively new to the juicer world. These juicers have a single gear or an auger with blades that basically crunches the fruit or veggies into pulp, releasing juice in the process.

This crunching process is a highly effective way of breaking down the hard, fibrous cell walls of fresh produce and produces a **high juice yield** and very little, **very dry pulp**.

Unlike the centrifugal juicer, masticating juicers run at a much lower speed (so it takes longer) but the lower speed also produces little-to-no-heat and thus minimizes oxidation. That means your juices aren't warm (like they tend to be with some centrifugal juicers), there's no froth on your juices, and that most of the vital enzymes and nutrients in your juices are preserved from oxidation since the juicing process doesn't disturb the cellular structure of the produce being juiced.

This is one of the most crucial differences between a single gear masticating juicer and a centrifugal juicer. The single gear chomps up the produce without heating any of the nutrients and this thorough break-down process does a great job of extracting every drop of juicy nutrient from the fibrous cell walls (while preserving them) so they can enter straight into your bloodstream when consumed. Single gear juicers leave very dry pulp.



In the centrifugal juicer, on the other hand, the produce is chopped up (by a cutting blade) and then spun - which is not as effective in extracting juices - and thus results in pretty moist pulp. The heat produced by the high-speed spinning also degrades some of the vital nutrients in the juice.

Find out more about the [perks and drawbacks of masticating juicers!](#)

JUST JUICE'S REVIEW

I don't like to play favorites, but yeah, single gear masticating juicers are my favorite and the first juicer types I recommend whenever friends or family ask for a juicer recommendation. Why? First of all, I find that these juicers provide the best overall value. They are a little more expensive than some centrifugal juicers - you can get a pretty good centrifugal juicer for around \$100 - whereas a good single gear juicer can run you around \$250. It's a little more upfront investment, but **you get it back**.

On top of this, single gear juicers last forever. The warranties are super lengthy and if you ask anyone with, say, a Champion, they'll tell you what a tank of a juicer those things are.

I also like the fact that single gear juicers don't heat up my juice and produce no froth. In terms of nutrient content that's being preserved, I think a single gear juicer does add up to better overall value, not to mention the taste different.

I do still use a centrifugal juicer sometimes when I know I can immediately down that glass of juice and I'm really running low on time, but if I plan on [storing my juice for even a day or two](#), I will always opt for the masticating juicer. I know most juicers also do like to store their juice so they can take it on the go and for stored juice, single gear juicers **are the way to go**.

[Read reviews of the best masticating juicers here.](#)

TWIN GEAR JUICERS (aka TRITURATING)

The twin gear, triturating juicers are the champions of the juicer world - they are the top-of-the line, cream-of-the-crop in juicing machines. These juicers extract fresh juice from produce using twin gears that interlock with each other while rotating inwards - crushing everything you put between them into a very dry pulp.



Triturating juicers operate at a very low speed, producing no heat and ensuring thorough juicing of all produce while simultaneously preventing air getting trapped in the juice and causing oxidation. There is maximum preservation of nutrients and no foam on the juice.

These juicers are super versatile and can juice pretty much every type of fruit and vegetable - including hard, fibrous veggies such as celery and apples, as well as soft fruits and leafy greens. Actually, leafy greens juice particularly well in these juicers thanks to the high pressure exerted by the interlocking gears.

These juicers are ideal for someone for whom price is not an issue and who just wants a top-quality, versatile juicer that will do everything, and do it well.

[Find out full details about the pros and cons of twin gear juicers!](#)

JUST JUICE'S REVIEW

Triturating juicers are undoubtedly the best there is. BUT that does not necessarily mean they will be the **best for you**. Given the price of these machines, I would only recommend them to people who are really serious about juicing, want the most versatile machine that produces the best juice possible, and want to take advantage of several of the other food-producing options that twin gear juicers provide.

Just as you wouldn't buy a Hummer when all you plan on doing is driving to and from work on local roads, there's no need to spring for a triturating juicer unless you really have use for it.

If you just want great juice everyday, opt for the more affordable single gear masticating juicer. If you juice religiously and want to transition into a raw foods sort of lifestyle and diet, then opt for a triturating juicer.

[Read reviews of the best twin gear juicers!](#)

MANUAL JUICERS (aka HAND CRANKS)

As the name implies, manual juicers are operated by hand. They don't require electricity - just elbow grease - and are relatively inexpensive and usually easier to clean than their electric counterparts.

The downside to manual juicers is the range of fruits and veggies that they can juice. Manual juicers are generally very basic tools that serve to squeeze the juice out of a fruit, much like you'd do by hand.

Most of the manual juicers on the market are either **citrus juicers** or **wheatgrass juicers**.

Citrus juicers can only juice various types of citrus fruits (and can't juice the peels), but most manual wheatgrass juicers also do a pretty awesome job of juicing other produce as well - especially leafy greens.

Manual citrus juicers really vary in price. You can opt for a simple but very functional juicer such as [MSC's silicone citrus juicer for less than \\$10](#). Or you can opt for a sleek manual press citrus juicer, for which the price range is anywhere from \$35.00 to \$190.00! Take, for example, [this citrus juicer by Hamilton Beach on Amazon for \\$188.60](#).

A huge advantage of manual wheatgrass juicers to citrus juicers is the wider variety of produce you can juice. The best wheatgrass juicers do a great job of juicing wheatgrass and other leafy greens as well as several other kinds of (hard) produce.

[Read reviews of the best manual juicers!](#)

JUST JUICE'S REVIEW

Manual juicers are a worthwhile investment if you're looking to try out juicing and don't want to invest too much since if juicing works out, you can opt for a more versatile juicer AND still keep the manual juicer as a traveling companion or for when you just want to juice leafy greens without taking a lot of time to clean up.

Actually, I'd recommend a manual juicer for pretty much everyone just starting out - they allow you to juice enough produce to make the healthiest kinds of juices (delicate leafy greens like wheatgrass, sprouts, arugula, etc as well as more "tough" veggies like cabbage) and they're great for juicing hard produce like apples, carrots, and beets to add some sweetness to your green juices.

