

Build a Better Smoothie

Smoothies can offer numerous health benefits, especially for those considering meal replacement options. They provide a great way to increase your intake of fruits, vegetables, and fiber. Plus, smoothies are a quick option for those on the go. However, using smoothies alongside meals can lead to consuming too many calories throughout the day, so be mindful of what you're adding. Below are suggestions for building a better smoothie - the combinations are endless!

Fruits

Banana, mango, avocado, peach, berries

Veggies

Carrot, beetroot, cucumber, spinach, kale

Nuts and Seeds

Nut butters, chia seeds, flax

Herbs and Spices

Ginger, cinnamon, turmeric, cocoa powder

Fluid

Yogurt, dairy or nondairy milk, water



Sources:

Eatingwell.com. The Best and Worst Smoothie Ingredients. <https://www.eatingwell.com/article/277310/healthy-smoothies-best-smoothie-ingredients-10-to-ditch/>. Accessed 04/17/2024.

Webmd.com. Smoothies: Are They Good For You?. <https://www.webmd.com/diet/smoothies-good-for-you>. Accessed 04/17/2024.

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