

Summer is Smoothie Season

Nutrition Newsletter: Summer 2017

Smoothies are definitely a favorite for most when the weather gets warmer but they also have health benefits as well. From aiding in digestion, to getting your recommended daily servings of fruits and vegetables, smoothies can do a lot for your health. Bottled smoothies can have upwards of 60g of sugar or more and while it may be coming from wholesome ingredients, they can still cause spikes in blood glucose and prevent weight loss. Meal replacement smoothies should still contain all of the components of a well-balanced meal. Read on to find some easy smoothie recipes to create at home and also some tips for making your smoothies benefit your health goals.

Foundation of a Balanced Smoothie: Making smoothies at home is definitely more advantageous than buying them pre-made. The following are my recommended smoothie ingredients:

- ***Protein Options:*** Including protein in a smoothie is vital to feeling full after consuming it. Whey protein powder has been researched for decades for its impact on satiety, weight loss and recovery after exercise. If you would prefer to avoid protein powder then try adding plain Greek or Icelandic yogurt which is an excellent source of both protein and calcium
- ***Carbohydrate Options:*** Fruit is definitely the carbohydrate of choice for the majority of smoothies. I advise aiming for one to two fruits to get a variety of micronutrients without increasing the caloric value to high. Frozen banana adds a wonderful shot of potassium and creamy consistency to smoothies and ½ cup of tropical fruits like pineapple can add a ton of flavor and is also an excellent source of both Vitamin C and Vitamin B6. Other carbohydrates that can be added include granola and oats which will increase the caloric content along with fiber and B-vitamins.
- ***Healthy Fat Options:*** Fat is another essential component of satiety and helps keep you full throughout the day. Healthy fats also help provide a nice creamy texture to smoothies. Favorites include adding ½ of a small avocado which blends nicely with unsweetened coconut milk and tropical fruits (and is wonderful on a hot day) or 1-2Tbs. of nut butter goes well with berries and bananas.
- ***Vegetable Options:*** You can never go wrong with adding vegetables to ANYTHING and smoothies are a great vehicle for getting in 1-2 cups of vegetables without really tasting them. Spinach and other mixed greens are a popular choice, but also consider adding shredded carrots, beets, fresh herbs like parsley and broccoli. Add these vegetables raw or cooked, but not juiced so they can maintain more of their fiber and nutrients.

Adding an Extra Boost to your Smoothie: Ingredients like cinnamon, turmeric and cocoa powder can add a ton of flavor to your smoothies without any calories and possibly some added benefits. Cinnamon has been shown to assist with regulating insulin sensitivity while turmeric has been shown to help reduce inflammation in the body. Cocoa not only tastes good but it also is a powerful antioxidant which can help promote whole body health and wellness. There are many more spices like this so feel free to experience and have fun with smoothies during this warm weather season!

HEALTHY PROTEIN SMOOTHIE RECIPES

Peanut Butter & Jelly Protein Smoothie

Ingredients

- 1 cup of frozen berries
- 1 Tbs. Natural Peanut butter
- 1 scoop of Vanilla Whey Protein
- 2Tbs. Rolled Oats
- ¾ cup of unsweetened Almond Milk

Instructions: Blend all ingredients together and ENJOY



Nutrition Information:

- KCALS: 345kcal, CARBS: 28g PRO: 32g, FAT: 12g, SUGAR: 8g FIBER: 6g

Tropical Pineapple Smoothie

Ingredients:

- ½ cup of plain 2% Greek Yogurt
- ½ small avocado
- ½ cup of unsweetened coconut milk
- ½ cup of frozen pineapple
- ½ frozen banana
- ½ cup of frozen mango

Instructions: Blend all ingredients together and ENJOY



Nutritional Information:

- KCALS: 322kcal, CARBS: 47g, PRO: 11g, FAT: 12g, SUGAR: 30g, FIBER: 8g

*Jessica Murgueytio MS.RD.CDE
Bethesda Medical Associates*