

Things I like to eat: Smoothies



Smoothies are one of my go-to meals during a busy day. Not all smoothies are created equal though. Some recipes are much healthier than others. If you make a smoothie with an unhealthy ingredient, like sugar or ice cream it is not healthy. If you make a smoothie with just fruit it may be too much natural sugar. There should be a few nutritious ingredients in your smoothie to make it truly healthy. The key to a healthy smoothie is having some of the main components that I always suggest in a meal: **Protein** (I typically use Whey Protein but you can also use a collagen based protein or plant based pea protein), **Veggies/Fruit** (I typically use banana, berries, spinach, and carrots), and a **Healthy Fat** (I use all Natural Peanut Butter but you can add chia seeds, flax seeds or nuts but remember these are all calorie dense). I do not have a **Grain** though, because I typically use a frozen banana and do not want to drive the calories up too high. Some people I know use some oatmeal. I also use a cup of unsweetened almond milk and 2 cups of water because I do not like it too thick. You can make it the way you like but remember to have all the **main components**.

Two things to keep in mind when it comes to smoothies are speed of consumption and your tooth enamel. It's been shown that you can drink fruits and vegetables in smoothie form at about two cups per minute, which is ten times faster than what it may take to eat them in solid form. Since liquid calories can be consumed so quickly, they have the ability to undermine our body's capacity to regulate food intake, so sip smoothies slowly rather than gulping them down so our brain and body can be in sync as to how full we are. And our enamel? If you add lemon or other acidic fruits or vegetables to your smoothie, the enamel on your teeth may soften temporarily. So, if you're about to enjoy a sour smoothie, drinking through a straw, avoiding swishing the smoothie in your mouth, and rinsing your mouth with water after drinking a sour smoothie may assist in reducing tooth enamel erosion. From NutritionFacts.Org

Things I like to eat: My Smoothie Recipe



Protein: Whey Protein 1 scoop 150 calories

Veggies/Fruit Banana 90 calories, 1 cup berries 80 calories, spinach 1 cup 10 calories, and 1/2 cup carrots 30 calories=210 calories

Healthy Fat Natural Peanut Butter 2 TBS 144 calories

Unsweetend Almond 2 cups 60 calories

Water 1 cup of water because I do not like it too thick (0 calories).

550-600 calories

To Cut Calories have less fruit and only 1 TBS Peanut Butter

