



## THREE STEPS TO YOUR PERFECT SUMMER SMOOTHIE

by Erica Booz, Dietetic Intern

Smoothies are easy snacks to make when you are in the mood for something sweet or need an afternoon energy boost.

Enjoying smoothies is also a great way to increase your fruit and vegetable intake. A basic smoothie is just frozen fruit or vegetables, low-fat milk, Greek yogurt, seeds/oats, or protein powder, processed together in a blender until smooth, but you can add variety by experimenting with different produce to find out what you like.

Made from the whole fruit, smoothies are a great alternative to fruit juices because they are rich in fiber, which helps to keep you full. With warmer weather upon us (and berry season in full swing), smoothies are the ultimate summer treat and a healthier alternative to ice cream. Time to make those smoothies!

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## What's Happening this Month:

- \* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!
- \* Our July Support Group for post-weight loss surgery patients is Tuesday, July 27 from 5–6 p.m. This support group will be held virtually, so please check our online support group for the link to access, or message the dietitian at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@capitalhealth.org) to receive the link.
- \* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please e-mail Theresa at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@capitalhealth.org) so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!
- \* Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on Wednesday, July 28 from 6–7 p.m. To register, call our office to speak to Amy at 609.537.6777.
- \* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at 609.537.6777 to schedule your first appointment with Dr. Anwar.



# THREE STEPS TO YOUR PERFECT SUMMER SMOOTHIE *continued*



## Step One: Choose Your Fruit (and don't forget your vegetables too!)

Produce such as raspberries, strawberries, blackberries, blueberries, kiwi, cucumber, lemons, spinach, zucchini, cauliflower, beets, and avocado are low in sugar, high in nutrients and packed with fiber to keep you full, and they can also help add natural sweetness to your smoothie. To create a colder smoothie without adding ice, freeze your produce ahead of time or place some in the fridge before blending, enough for about 1-2 cups for your blender.



## Step Two: Choose Your Liquids

When adding liquids to your smoothie, there are many options to choose from. If you can tolerate dairy products, use fat-free or low-fat milk. If you are unable to consume cow's milk, consider plant-based alternative such as almond, oat, soy, or coconut milk (make sure to choose unsweetened versions). To keep the calories and sugar numbers in your smoothie low, use water instead of milk or equal parts milk and water. Milk alternatives should be 130 calories or less per 8 ounce serving, and you want to add equal parts produce and liquid to your blender. For example, if you add two cups of vegetables, add two cups of your choice of liquid.



## Step Three: Choose Your Boosters!

A boost of protein added to your smoothie will help to keep you feeling full. Whether it comes in the form of ground seeds or protein powder, choose what you like the most and add it accordingly. Options include chia seeds, flax seeds, hemp, cacao, acai powder, and/or whey- or plant-based protein powders to add extra nutritional benefits to your smoothie. Nut butter is another source of protein to add to your smoothie, which also has the added benefit of providing healthy fats with just a single tablespoon. Alternatively, powdered peanut butter can give you the same taste without additional fat if you are already using a fat in your smoothie. Protein-packed Greek yogurt is another great way to add a creamy, tangy texture to your smoothie.

## Powerful smoothie ingredients from Avocado to Zucchini:

- **Avocado** is higher in protein than any other fruit and is packed with Vitamin A, potassium, and fiber. As a bonus, it adds creaminess to your smoothie!
- **Beets** are loaded with essential nutrients such as potassium, folate, iron and vitamin C. Beets are a great source of fiber and can be used to sweeten an all-veggie smoothie.
- **Carrots** are high in Vitamin A and potassium, add sweetness and color to your smoothie, and are great for boosting your immune system.
- **Cauliflower** provides fiber, potassium and vitamin C. It also adds creaminess and can even take the place of a banana in most smoothie recipes to help cut down on sugar content!
- **Cucumbers** are a great source of vitamins K, B and C. In addition to their light, fresh taste, cucumbers provide water for hydration.
- **Leafy greens** add fiber, protein, vitamins, minerals and antioxidants.
- **Zucchini** is high in fiber and water to help you feel full. The flavor is so mild that it will not affect the taste of your smoothie.

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## THREE STEPS TO YOUR PERFECT SUMMER SMOOTHIE *continued*



### Common Smoothie Pitfalls (and How to Avoid Them)

When making smoothies, we sometimes tend to load up on sugary fruit. However, even natural sugars can add up and send your blood sugar on a wild ride of spikes and crashes. Your blood sugar can also spike from added sugar that come from syrups, such as maple syrup, agave syrup and honey that some retailers add when making smoothies. When ordering a smoothie out, make sure you ask to skip the syrup and just add water instead. Also avoid high-sugar fruits, which include

bananas, mangos, pears, pomegranate, cherries, and grapes. If you're using frozen fruit for your smoothies, choose 100% frozen fruit without added sugars. If you use canned fruit, choose fruit that is canned in its own water or 100% fruit juice. If the fruit is canned in heavy (or even light) syrup, simply rinse the fruit in water to drain as much syrup as you can to avoid excessive amounts of added sugars. When using a milk alternative, always choose an unsweetened option or use water as your liquid. When choosing your milk, seeds and oats or protein powders, always read the labels and follow the recommended serving sizes.

## RECIPES OF THE MONTH



Enjoy these low-sugar smoothie recipes with protein boosts that are ready in just 5 minutes! Simply add the ingredients to your blender and combine until you reach your desired consistency. Each recipe makes 1 serving.



- CUCUMBER KIWI SMOOTHIE
- BLACKBERRY CREAM SMOOTHIE
- BERRY SPINACH SMOOTHIE
- ORANGE CARROT SMOOTHIE
- PINEAPPLE COCONUT SMOOTHIE

*Recipe and image from [downshiftology.com](http://downshiftology.com)*





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## BERRY SPINACH SMOOTHIE

### NUTRITIONAL INFO: (per serving)

- 181 Calories
- 15g Carbs
- 14g Protein
- 9g Fat

### INGREDIENTS:

- ¾ cup water
- ½ cup frozen mixed berries (strawberries, raspberries, blueberries)
- ¼ cup spinach
- 1 tsp ground chia seeds
- 2 tbsp avocado
- ¼ cup Greek yogurt
- 1 tbsp protein powder

## BLACKBERRY CREAM SMOOTHIE

### NUTRITIONAL INFO: (per serving)

- 148 Calories
- 10g Carbs
- 11g Protein
- 8g Fat

### INGREDIENTS:

- 6 oz. unsweetened almond milk
- 1 tbsp protein powder
- ¼ cup frozen blackberries
- 2 tbsp ground flax seeds
- ¼ cup blanched, then frozen, cauliflower (optional)



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## CUCUMBER KIWI SMOOTHIE

### NUTRITIONAL INFO: (per serving)

- 144 Calories
- 15g Carbs
- 10g Protein
- 5g Fat

### INGREDIENTS:

- ½ cup water
- ¼ cup spinach
- ¼ cup cucumber
- ½ small kiwi
- 2 tbsp avocado
- 1 tbsp protein powder
- ¼ cup Greek yogurt



## ORANGE CARROT SMOOTHIE

### NUTRITIONAL INFO: (per serving)

- 171 Calories
- 17g Carbs
- 13g Protein
- 6g Fat

### INGREDIENTS:

- ½ cups unsweetened almond milk
- Juice from 1 small orange
- ¼ cup Greek yogurt
- 1 tbsp grated carrot
- 1 tbsp ground flax seeds
- 1 tsp vanilla bean powder
- 1 stalk blanched, then frozen, cauliflower
- 1 tbsp protein powder



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## PINEAPPLE COCONUT SMOOTHIE

### NUTRITIONAL INFO: (per serving)

- 166 Calories
- 10g Carbs
- 13g Protein
- 8g Fat

### INGREDIENTS:

- ½ cup Silk unsweetened coconut milk
- ¼ cup frozen pineapple
- 1 small piece fresh ginger (approx. 1 tsp) minced or chopped
- 2 tbsp ground flax seeds
- 2 tbsp Protein Powder



### Product of the Month OSTER BLEND-N-GO BLENDER

This blenders costs less than \$25 and is perfect for making smoothies on the go. It includes an individual-sized blender and sport bottle in one with quick and convenient one-touch blending to create your favorite smoothies. After you are finished your smoothie, the sport bottle can be reused and filled with water to help you stay hydrated throughout the day. Available from Amazon, Target, Walmart, and other retailers.



Includes Blend-N-Go® Cup, Drinking Lid, and Stainless Steel Blender Blade