

Mayo Clinic Minute

Get smart about smoothies

VIDEO	AUDIO
	Before you fill the blender, ask yourself a question about that smoothie.
Title: Kate Zeratsky Dietitian Mayo Clinic	“Are you using it as a meal replacement, or are you having it as a beverage with your meal?”
Graphic: Avoid added sugars	Either way, dietitian Kate Zeratsky says let the fruit do the sweet-talking.
Kate Zeratsky	“Fruit is a great source of natural sugar, and you need not necessarily add extra sugar.”
Graphic: Add vegetables	But you should add some greens, like spinach or kale.
Kate Zeratsky	“Smoothies, with their natural sweetness, are a great way to mask some of the bitter flavors of vegetables.”
	And back to that question.
Kate Zeratsky	“If you’re having it as a meal replacement, you want to make sure that it has the components of a meal.”
Graphic: Peanut butter Yogurt Avocado Seeds	Include a protein or good fat like natural peanut butter, yogurt, avocado, chia or flaxseeds.
Kate Zeratsky	“Just be aware of how much you’re adding, because those can be very concentrated sources of calories.”
	And remain calorie-aware when your smoothie is simply a healthy beverage to go with your meal.
Kate Zeratsky	“Maybe add some vegetables, some water.”

	Zeratsky says that creates a smoothie with more volume and fewer calories.
	For the Mayo Clinic News Network, I'm Jeff Olsen.