<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before you fill the blender, ask yourself a question about that smoothie.</td>
<td>“Are you using it as a meal replacement, or are you having it as a beverage with your meal?”</td>
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</tbody>
</table>

**Title:**
Kate Zeratsky
Dietitian
Mayo Clinic

Kate Zeratsky
“Are you using it as a meal replacement, or are you having it as a beverage with your meal?”

**Graphic:**
Avoid added sugars

Kate Zeratsky
“Fruit is a great source of natural sugar, and you need not necessarily add extra sugar.”

**Graphic:**
Add vegetables

Kate Zeratsky
“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

Kate Zeratsky
“Just be aware of how much you’re adding, because those can be very concentrated sources of calories.”

Include a protein or good fat like natural peanut butter, yogurt, avocado, chia or flaxseeds.

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.** |