Mayo Clinic Minute: Is a smoothie a good meal replacement option?

<table>
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<th>Jason: Close up of smoothie being poured into a glass.</th>
<th>A smoothie - delicious and easy to make. But is it good for you?</th>
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| LORRAINE FYE
Dietitian
Mayo Clinic | “I would say it's a really easy way to get a lot of good fruits and vegetables. You can get a lot of nutrients packed into one little glass.” |
| Jason: Show fruit being blended. | But too much of a good thing can be unhealthy. |
| LORRAINE FYE
Show a fruit mix. | So an unhealthy smoothie, it would be one that maybe is just all fruit or has a lot of fruit juice — one that's really laden with added sugar and that's not very balanced. |
| Jason: Show healthy ingredients. Spinach, kale, flaxseed. | A smoothie can taste great and still be healthy. You just need to add the right ingredients. |
| LORRAINE FYE
Graphic:
Health ingredients.
Start with a healthy liquid base
- Milk 2% vs whole milk
- Add 1-2 servings of whole fruit (fresh or frozen works!)
Add 1 serving of vegetables
- Leafy greens
Add 1-2 servings of healthy fats
- Chia, flax, or hemp seeds
Add protein for satiety
- Plain Greek yogurt | “The healthy smoothie we’re really looking for that balance. So you want good carbohydrates, good proteins and good healthy fats.” |
| Jason: Smoothie being poured into glass. | Once you find the right balance and taste, that smoothie can be a good thing. |
| LORRAINE FYE | “It's really fine to have a smoothie every day. It can be a convenient meal replacement as long as you're making sure that it really is replacing the meal. Not too few calories, but not too many calories.” |
| Jason | For the Mayo Clinic News Network, I’m Jason Howland. |