

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

Jason: Close up of smoothie being poured into a glass.	A smoothie - delicious and easy to make. But is it good for you?
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.

