

May 2022

SMOOTHIES FOR A NUTRITION BOOST

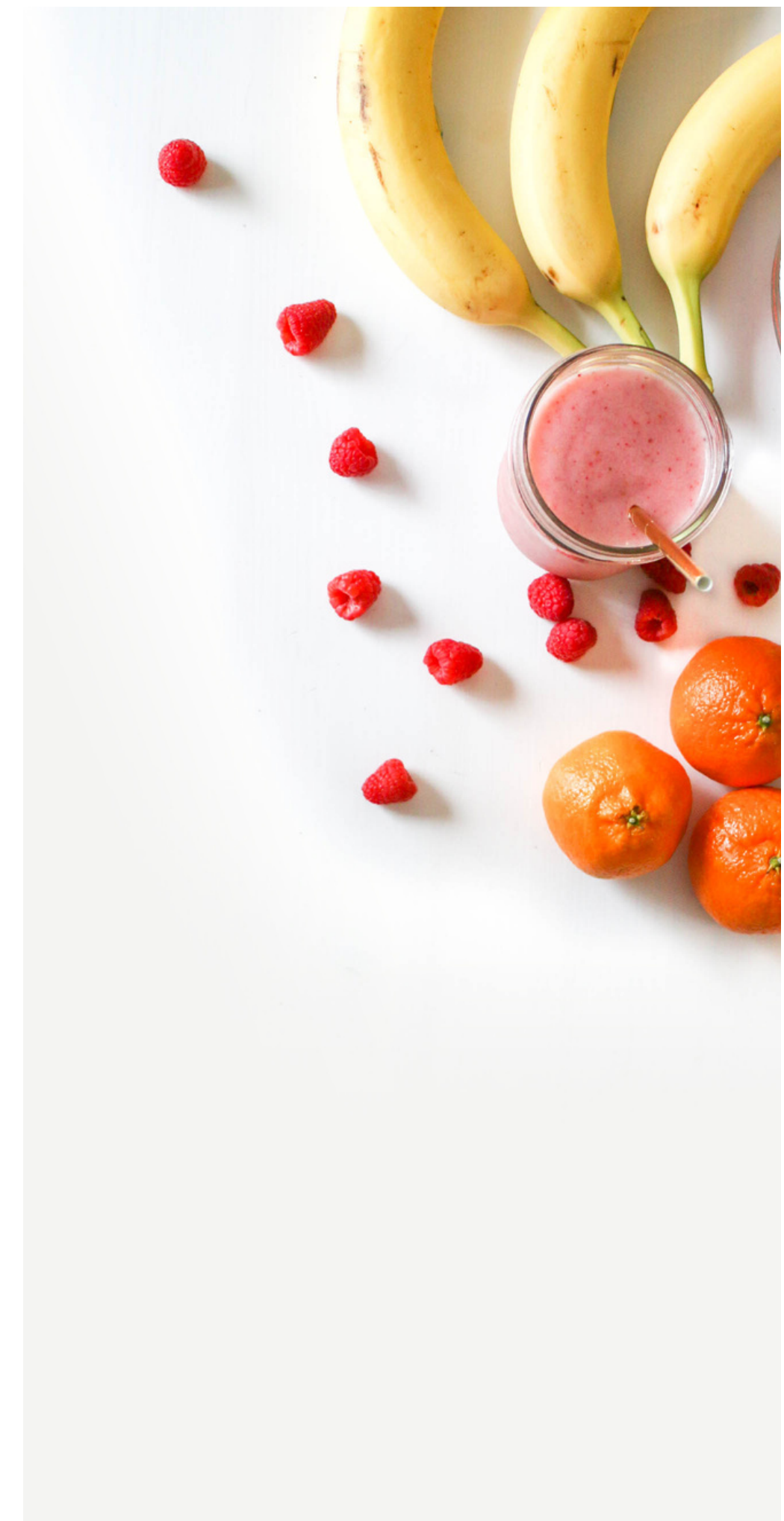
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REVIEW

Overall Nutrition Goals with MS

- Improve anti-inflammatory food intake
- Improve microbiome
- Increase fruit & vegetable intake
- Adequate individual vitamin D levels
- Improve type of fat intake (unsaturated vs. saturated fat)
- Improve individual levels of omega-3 fatty acids





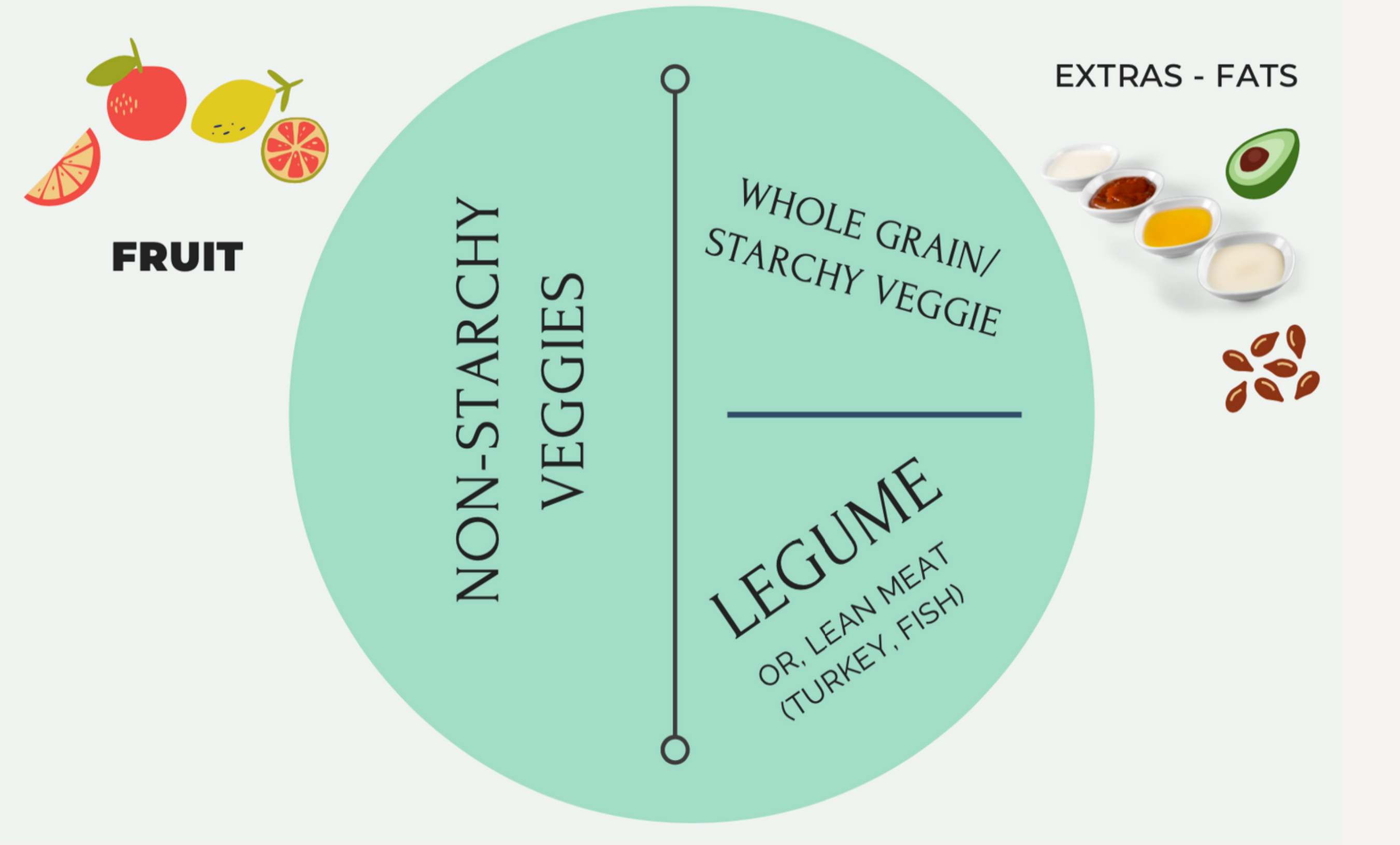
REVIEW

Phytonutrients

Disease Fighting Nutrients

- Found only within plants
- "Natural" chemicals
- Beneficial to human health
- Demonstrate disease protective effects in laboratory studies
- Known to interfere with a number of cellular processes

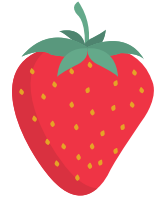
REVIEW



Smoothies: ***Pack a Nutrition Punch***



Benefits of Smoothies



- Great & easy way to increase intake of fruits, vegetables, and other nutrient dense foods.



- The consumption of whole fruit is associated with *significantly lower* risk of type 2 diabetes. Whereas, fruit juice consumption is associated with higher risk. (1)



- High-speed blade breaks down the cell structures more than our teeth can which maximizes our ability to absorb all of it's great disease fighting nutrients. (2)





Consider Timing:

Does it matter how quick
you consume it?

Aim to drink a smoothie, as long as
it would take to eat all of the whole
foods within the smoothie.



Options for Using a Smoothie

- As a meal itself
 - Snack
 - "Side Dish"
 - Smoothie Bowl
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What About a Smoothie?

Non-Starchy Veggie(s):

Greens, Cauliflower

Whole Grain:

Rolled Oats, Granola

Legume:

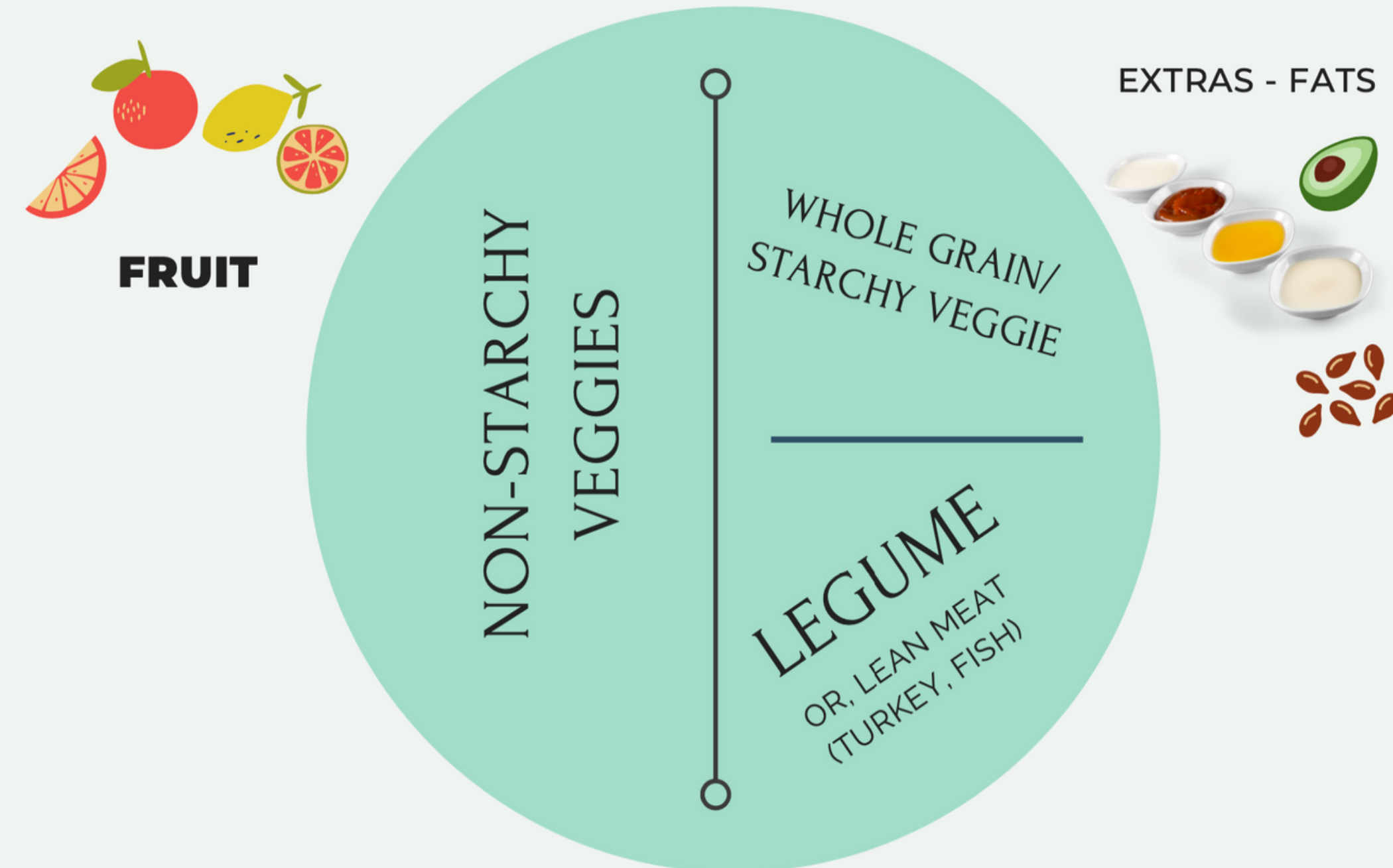
Soy Milk, White Beans

Fruit:

Any!

Fats + Extra:

Avocado, Nut Butter, "Boosters", Soy Milk





How to Build Your Smoothie

- Liquid Options: non-dairy milk, dairy milk, juice, water
- Dark Leafy Greens: spinach, kale
- Frozen Fruit: any variety
- Fresh Fruit
- **"Boosters" - optional**

Ground flaxseed, chia seeds, hemp seeds

Nut butter

Rolled or instant oats

Dates (pitted)

Protein Powder

Acai Powder

Riced Cauliflower

Avocado

Nutrient Dense, Plant-Based Smoothies

@wholesomellc

Liquid

Organic Soy Milk
Almond Milk
Coconut Water
Non-Dairy Milk
Juice (just a splash)

Veggies

Spinach
Baby Kale
Cauliflower

Frozen Fruit

Berries
Banana
Citrus
Cherries

Extra Mix-Ins

Nut Butter
Rolled Oats
Ground Flax
Chia Seeds
Non-Dairy Yogurt
Cacao Powder
Dates



Equipment Recommendations



Ninja Nutri Pro - \$75



Ninja Kitchen System - \$160



Vitamix - Varies in Price by Model
~ \$350 - \$900

Pro Tips

Rinse your blender, cup, and straw relatively quickly!

Consider making "smoothie bags".

Frozen fruit is more affordable and easier access in the winter.

When using banana, peel and slice *before* adding to the freezer.



Future Topics

June: Gut Health & "Leaky Gut"

July: Inflammation & Gut Health Follow-Up

August: *Cooking Demo Focus*

September: Reducing Saturated Fat

October: Intermittent Fasting & TRE

November: Eating with Others & Eating Out

December: Cooking Demo Focus





Thank You

Q&A OPPORTUNITY

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References

1. Muraki, I. (2013). Fruit consumption and risk of type 2 diabetes: Results from three prospective longitudinal cohort studies. *BMJ*, 347. doi:10.1136/bmj.f6935.
2. L Lemens, S Van Buggenhout, AM Van Loey, ME Hendrickx. Particle size reduction leading to cell wall rupture is more important for the β -carotene bioaccessibility of raw compared to thermally processed carrots. *J Agric Food Chem*. 2010 Dec 22;58(24):12769-76.