



Nutrition News



Keep Cool With Liquid Snacks

Water is important !

Water is needed to:

- keep food moving through the body
- eliminate body wastes
- keep the body at the right temperature

Water can be appetizing

- ★ Add a small amount of fruit juice to a glass of sparkling water for a fizzy summer treat.
- ★ Add slices of lemon, lime or cucumber to delicately flavor plain water.
- ★ Add chunks of watermelon to a glass of plain water for an eye appealing treat.



Liquid snacks for hot summer days

Try a smoothie for an afternoon snack full of fiber, minerals, vitamins and protein.

Use fresh fruit in season or keep frozen fruit on hand to use year around.

Milk or almond milk based smoothies add many nutrients including calcium which is good for teeth and bones.

Tropical Smoothie

- 2 fresh bananas
- 1 cup sliced strawberries
- 1 cup orange juice

Blend all ingredients until smooth. Blend with ice cubes for a really cold drink.

Serves 2.

Did you know ?

- Lack of water is the #1 trigger of daytime fatigue.
- A 2% drop in body water can trigger fuzzy, short term memory loss and trouble with basic math.
- Even mild dehydration will slow down metabolism as much as 3%.
- 75% of Americans are chronically dehydrated.

Blender drinks can provide a quick, thirst quenching snack

Peanut Butter Breakfast Smoothie

- 1 frozen banana
- 3/4 cup milk or almond milk
- 3/4 cup vanilla yogurt
- 1/3 cup peanut butter

Blend and enjoy.

Serves 2



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