

CREATE A SMOOTHIE

GOAL



Have 0 sugary drinks on most days!

To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

CHALLENGE: MAKE A SMOOTHIE INSTEAD OF HAVING A SUGARY DRINK.

Fruit Smoothie vs. Cola

Compare the nutritional facts between a fruit smoothie and a regular cola drink, and think about which one is a healthier option.

Nutritional Facts: Fruit Smoothie

Serving size: 1 cup	Dietary fiber: 1g
Calories: 90	Sugars: 18g
Total fat: 1g	Protein: 3g
Saturated fat: 0.5g	Vitamin A: 0% DV
Cholesterol: 5mg	Vitamin C: 25% DV
Sodium: 40mg	Calcium: 10% DV
Carbohydrates: 19g	Iron: 0% DV

Nutritional Facts: Cola

Serving size: 1 bottle (20 oz)	Sodium: 75mg
Calories: 240	Carbohydrates: 65g
Total fat: 0g	Sugars: 65g
	Protein: 0g

Write down your recipe and email it to foundation@independenthealth.com:



Tips:

Try these recipe changes to give your smoothies a healthy kick:

- ◆ Use frozen or fresh in-season fruit for sweetness. Don't add extra sugar or honey.
- ◆ For a thick smoothie, add yogurt.
- ◆ Use low-fat or non-fat milk (or soy or rice) instead of whole milk.
- ◆ Up the protein value with a spoonful of peanut butter, nuts or granola.

These tips and others can be found at www.eatright.org.

