

FRUIT SMOOTHIES

Makes 2 servings

Serving Size: 1 cup

Choose 1/2 cup of a fruit

- Bananas
- Strawberries
- Peaches
- Blueberries

Choose 1 cup of a base

- Low-fat plain yogurt
- Frozen juice concentrate, such as apple or orange
- Low-fat vanilla yogurt
- Frozen fruit
- Low-fat vanilla frozen yogurt
- Ice cubes

Choose 1/2 cup of a liquid

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice



Example 1

- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2

- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3

- 1/2 cup blueberries
- 1 cup low-fat frozen vanilla yogurt
- 1/2 cup orange juice



Eat Smart

Directions

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

Nutrition information Per Serving

140 Calories
Total Fat 2 g
Saturated Fat 1 g
Protein 8 g
Total Carbohydrate 23 g
Dietary Fiber <1 g
Sodium 115 mg



Excellent Source of Vitamin C

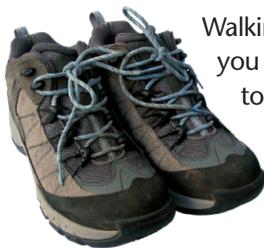


Excellent Source of Calcium

Recipe analyzed according to Example 1.

Nutritional value will vary with choices made.

TAKE A WALK



Walking is one of the simplest activities to do. All you need is a good pair of shoes and a safe place to walk. This week take a walk after lunch or dinner, or get off one bus stop early on your way to work. Which day(s) this week will you take a walk?



Move More