

From the Nutritionist

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Smoothie Nutrition

Do you love smoothies? If so, you're not alone! Smoothies are a popular choice on campus and beyond. If you have been to Fuel this semester, you may have noticed some new items on the menu. In addition to the standard Yolato frozen yogurt smoothies, you can now find 12 specialty smoothies made from wholesome ingredients like fresh fruits, vegetables and wheatgrass, along with a base of fat-free Yolato. There are many benefits to consuming smoothies, but there are some important things to keep in mind when choosing one.

Smoothies made with fresh fruits and vegetables can be loaded with nutrients like vitamins, minerals, fiber, and phytonutrients, which are essential to good health.

If you have a hard time eating the recommended amount of fruits and vegetables, choosing a smoothie made with those can be a great way to get the nutrients you need. Smoothies can also be a tasty way to consume nutritious foods that you otherwise wouldn't – for example, when was the last time you chewed on wheatgrass?

If you find yourself on the run without enough time to sit down for a meal, a smoothie can be a meal replacement, giving you a boost of energy along with servings from several different food groups.

Smoothies can also be good post-workout recovery snacks. Sports nutritionists recommend consuming carbohydrates along with a smaller amount of protein within 45 minutes of an intense workout, in order to refuel muscles with energy and promote muscle building. Smoothies often contain the recommended ratio of carbs to protein.

No matter why you choose to consume a smoothie, it's important to keep in mind that all smoothies contain calories, and some contain quite a lot of them. Calories consumed as liquids aren't as filling to the body as those that are chewed, so it's easier to over-consume calories when we drink them. Be sure to account for the Calories in your smoothie, or you might take in more than you need. Also, check out ingredient lists so you know what you're getting in your smoothie. While they can be made with wholesome ingredients, some smoothies are made with added sugars and artificial flavors.

At Fuel, there are many nutritious smoothie options available. If you are:

- *In need of a fiber boost ...* try a **Kale Fresano** or **Elvis** smoothie, with 4 grams of fiber each
- *Looking for protein ...* try the **Matcha** (19 grams of protein) or **PBJ** smoothie (18 grams of protein)
- *Watching your calories ...* try the **MCM** (333 Calories) or **Kapple** (341 Calories)
- *Searching for veggies ...* try the **Beet Box Orange** or **Pineapple Greenade**
- *Itching to try wheatgrass ...* try the **Green Detox**
- *Feeling like something fruity ...* try the **Blueberry Orange**, **Tropical Blast**, or **Red Dragon**

Andrea Hart, registered dietitian nutritionist and New York state-certified dietitian/nutritionist, is available for free, confidential, one-on-one counseling and as a speaker or facilitator for campus groups, panels or classes.

Contact Andrea: andrea.hart@cortland.edu or call 607-753-5773 with questions or to set up an appointment. Or stop by her office, first floor, Neubig Hall, across from the Neubig Dining cashier.