

**Only 1 in 10 adults get enough fruits and vegetables.<sup>1</sup>**

**Dietary guidelines recommend adults eat the following every day<sup>2</sup>:**

- 2 cups of fruits
- 3 cups of vegetables

### **WHY?**

**Fruits and vegetables give your body very important nutrients, such as<sup>3,4</sup>:**

- Natural energy
- Fiber
- Vitamins
- Minerals, Electrolytes
- Antioxidants

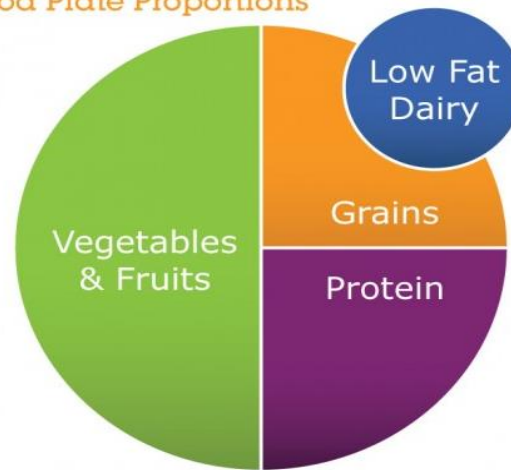
**Not eating enough fruits and vegetables can lead to<sup>3,4</sup>:**

- Obesity
- Heart disease
- High blood pressure
- High cholesterol
- Osteoporosis (weak bones)

**Eating the recommended daily amounts of fruits and vegetables can help you<sup>4</sup>:**

- Avoid disease
- Improve health
- Improve digestion
- Reduce hunger
- Improve energy levels

**Food Plate Proportions**



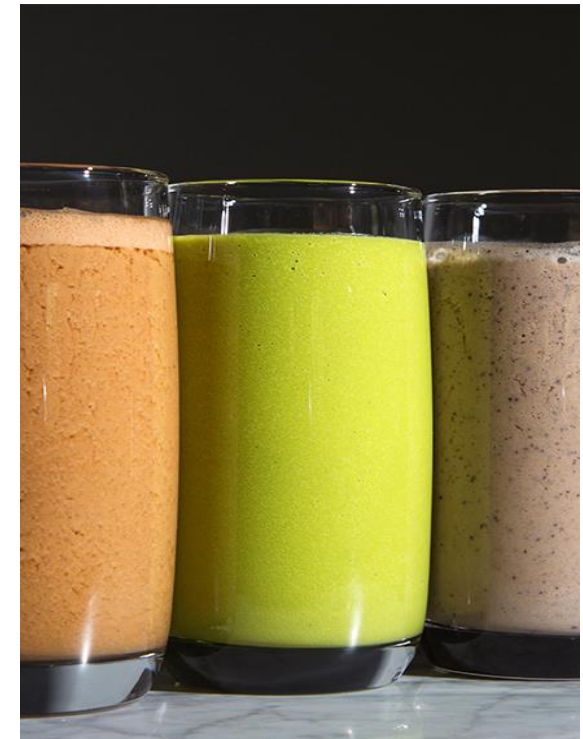
*Above is the recommended serving sizes of each category of food for healthy adults.*

**This smoothie plan answers the fruits and vegetables portion of your meals.**

**To begin eating a complete healthy diet and improving your health start your smoothie medley today!**

### **References:**

1. CDC, 2017
2. Fruits&veggies more matters. 2018
3. Slavin JL, Lloyd B. 2012
4. Pem D, Jeewon R. 2015
5. Google Images. Accessed July 7,2018.



## **Smoothie Medley for Beginners**

A fun, easy, and tasty way to enjoy fruit and vegetables!

- No cooking
- No added fats
- No added sugars
- all natural

**It's as easy  
as 1, 2, 3  
to make a  
Smoothie!!**

**To fulfill your daily  
requirement of fruits and  
vegetables, all you need are 2  
simple smoothies**  
**-1 smoothie in the morning**  
**-1 smoothie at night.**

**In each smoothie you will add:**

- 1 cup of fruit
- 1 ½ cups of vegetables
- at least 4oz of milk, almond  
milk, or water

There are a variety of  
options to choose from

- | Fruits:       | Vegetables:      |
|---------------|------------------|
| -Grapes       | -Carrots         |
| -Bananas      | -Spinach         |
| -Strawberries | -Kale            |
| -Apples       | -Broccoli        |
| -Blueberries  | -Cucumber        |
| -Raspberries  | -Cherry Tomatoes |
| -Mango        |                  |
| -Pineapple    |                  |

### Here is the smoothie schedule with recipe examples

Example 1: (Morning)  
Fruit- 1cup= 1 large banana  
Vegetables -½ cup spinach  
                  -½ cup=6 baby carrots  
                  -½ cup=10 cherry tomatoes

Add: at least 4oz of milk(whole, skim,  
or almond) or water -for your liquid

Example 2: (Night)  
Fruit -½ cup=16 grapes  
          -½ cup= 4 large strawberries  
Vegetables -½ cup spinach  
                  -½ cup kale  
                  -½ cup=6 baby carrots

Add: at least 4oz of milk(whole, skim,  
or almond) or water -for your liquid

Example 3: (Morning)  
Fruit -½ cup blueberries  
          -½ cup raspberries  
Vegetables -1 cup spinach  
                  -½ cup=6 baby carrots

Add: at least 4oz of milk(whole, skim,  
or almond) or water -for your liquid

Example 4: (Night)  
Fruit- 1cup= 1 large banana  
Vegetables -½ cup spinach  
                  -½ cup=6 baby carrots  
                  -½ cup Cucumber

Add: at least 4oz of milk(whole, skim,  
or almond) or water -for your liquid

### Easy ways to prepare and be organized.

**Having pre-made recipes can be  
helpful**

**To get started**

- Choose your recipe's
- Measure fruits and vegetables using  
guidelines
- Then place into sandwich bags
- Label bags for quick and easy  
convenience (morning and night)
- Place pre-made bags in the freezer
- All you need to do is grab your bag from  
the freezer and add it straight to the  
blender with your choice of liquid



### How to Blend

Place all of your pre-packaged  
fruits and vegetables into  
blender, then add  
which ever type of  
liquid you prefer. Blend  
until smooth.

**TIP: You can add more  
liquid if you wish**

