

One Simple Change



Try Making a Smoothie

We all know we are supposed to eat fruits and vegetables every day. According to the 2005 Dietary Guidelines for Americans, you should consume between five and 13 servings of **fruits and vegetables** each **day**. This is equivalent to about 2 1/2 to 6 1/2 cups **daily**, depending on the amount of calories you need to consume for your weight and level of activity. While that sounds great in theory, according to the CDC, only 10% of Americans eat enough of these two food groups.

One easy way to get more fruits and vegetables into your daily diet is to put them in a smoothie. Smoothies are delicious, nutritious, and once you get the hang of it, easy to make. While it helps to have a fancy blender, some can be quite expensive. Blenders like a NutriBullet can cost as little as \$70.00 and work as well as the much more expensive blenders for making smoothies.

You will find some great smoothie recipes attached to this email. You can also visit the Minuteman Nashoba Health Group website at www.minuteman-nashoba.org/wellness