



Berry Smoothie

Yield: Two 10oz smoothies

Ingredients

- 1 cup frozen or fresh blueberries
- 1 cup frozen or fresh strawberries, sliced
- 1 cup yogurt, plain or vanilla depending on taste
- 1 banana
- ¼ cup oats
- ¼ cup water

Directions

Place all ingredients in blender. Blend until smooth. Can add more water as needed to achieve desired consistency.

Nutrition Information

per 10oz serving

Choosing Greek Yogurt will increase your protein intake. Remember that ANY flavored yogurt will contain Added Sugar. Kids should try to keep their Added Sugar intake under 25g per day.

With Plain Nonfat Greek Yogurt

Calories 241
Saturated Fat 0g
Sodium 62mg
Total Carbs 45g
Total Sugars 24g
Protein 16g

Total Fat 2g
Cholesterol 2mg
Potassium 641mg
Dietary Fiber 7g
Added Sugar 0g

With Low-fat Vanilla Yogurt

Calories 266
Saturated Fat 1g
Sodium 79mg
Total Carbs 56g
Total Sugars 35g
Protein 8g

Total Fat 3g
Cholesterol 6mg
Potassium 702mg
Dietary Fiber 7g
Added Sugar 7g

Dairy Facts

You should have three 1-cup servings of Dairy every day!

What counts as a cup in the Dairy Group?

When your dairy is liquid, like with milk, soymilk, or even yogurt, a cup will always be 8oz. Think of the carton of milk you get with lunch to imagine the size. Cheese counts as dairy as well, but the serving size is much smaller at 1.5oz. for natural cheese or 2oz. for processed cheese. To imagine the size, picture a slice of cheese like you would use on a sandwich.

What Nutrients do you get from Dairy?

- **Calcium** is important for healthy bones and teeth. Most of the calcium you need can be obtained through dairy products.
- **Protein** is important to build up muscle, strength and endurance especially after exercise.
- **Vitamin D** assists the calcium, and other nutrients in dairy, to do their job in keeping your bones and teeth strong.

