



# 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.

