

HEALTHY HABITS

FOR FAMILIES



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Tasty & Healthy Smoothies

Parent Tip Sheet #10

Getting children to eat fruits and vegetables can sometimes be a challenge.

Try making smoothies to incorporate different foods that your children may not normally go for.

What to add:

- **Vegetables**

They might not be the first thing that comes to mind as a smoothie ingredient but smoothies are a great way to get your child necessary nutrients from the veggies they refuse to eat. The following are a few examples:

- ✓ Carrots provide protection against cardiovascular diseases, add sweetness to the smoothie, and add carotenes for good vision.
- ✓ Leafy greens like spinach and kale are rich in antioxidants and vitamins.

- **Fruits**

- ✓ Bananas provide natural sweetness, Vitamin C and potassium. They are also good sources of fiber and help thicken your smoothie.
- ✓ Berries are also a great smoothie ingredient. Blueberries in particular have the highest antioxidant capacity of all fresh fruit. They promote brain health and boost the immune system.
- ✓ Tomatoes contain lycopene that protects against cancer.
- You can also add “super foods” such as wheat germ, chia seeds, flaxseed oil, oats, and wheatgrass. These foods add fiber, antioxidants, vitamins and minerals.



Try this: Tropical Green Smoothie

- 1/2 avocado
- 2 cups frozen mango
- 6 ounces peach whole fruit yogurt
- 1/2 cup orange juice

Blend & Enjoy!



Did you know? Avocado is a super food! One of the most nutrient-dense foods, avocados are high in fiber and, ounce for ounce, top the charts among all fruits for folate, potassium, vitamin E, and magnesium.

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