



# CHIA STRAWBERRY-MINT CHOCOLATE SMOOTHIES

**MACROS | SERVING SIZE**  
Protein 14 g | Fat 31 g | Carbs 63 g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 551 | Protein 10% | Fat 47% | Carbs 43%

**NUTRIENTS | SERVING SIZE**  
Fiber 17 g | Sodium 105 mg | Sat. Fat 10 g

**NOTE:** Nutrition analytics based on the use of banana.

## INGREDIENTS (serves 1)

- ¾ cup of liquid (such as non-fat skim milk, almond milk, rice milk, etc.)
- 2-3 ice cubes
- ½ of avocado (peeled and seed removed)
- ½ cup strawberries (fresh or frozen, sliced) or 1 very ripe banana (lots of brown spots)
- ½ cup of fresh baby spinach leaves
- 6 fresh mint leaves
- 1 tbsp. of chia seeds
- 1 oz. of dark chocolate, chopped

## DIRECTIONS

- Place all the ingredients (except the chocolate) into a very high-speed blender and blend until the mixture is smooth (about 30 seconds).
- Fold in the chopped dark chocolate and enjoy!

## DIETITIAN TIP

Increase your fiber intake by substituting chia seeds for eggs in your baking dishes. To equal one egg, mix one tablespoon of ground chia with three tablespoons of water. Let it sit for a bit until it becomes a gel.

## NUTRITION EDUCATION

According to the Centers for Disease Control and Prevention, heart disease, in 2023, continued to be the leading cause of death for Americans. An analysis of numerous studies funded by the National Institutes of Health found that a lifestyle with habitual health-promoting behaviors resulted in roughly a 50 percent lower risk of coronary artery disease (heart disease) among participants who were determined to have a high genetic risk.

Although the genetic risk cannot be changed, numerous lifestyle habits such as physical activity, not smoking, maintaining a healthy weight, and consuming a heart-healthy diet can be controlled. Related to nutrition, the American Heart Association guidelines encourage the following for a healthy dietary pattern:

- Whole grain products for grain choices most of the time
- Wide variety of vegetables and fruits ("Eat the Rainbow")
- Lean Protein foods and increasing the consumption of plant-based proteins such as nuts and legumes
- Liquid vegetable oils such as canola, olive, and grapeseed
- Food prepared with little or no salt
- Limit sodium intake to less than 2,300 mg/day (for healthy adults); for those with a medical condition or high-risk, check with your medical provider for recommended limit
- Limited processed food while choosing the least processed
- Minimize added sugar intake

Omega 3 fatty acids and fiber are shown in numerous studies to have heart health benefits. Fatty fish and chia seeds are known as good sources of Omega 3s. Chia seeds also pack a significant punch of fiber. The Dietary Guidelines for Americans recommend approximately 28-35 grams daily for adults. The values vary just a little by gender, but aiming for at least 30 grams daily is a great goal.

