



PUMPKIN PIE SMOOTHIE

MACROS | SERVING SIZE
Protein 32g | Fat 3g | Carbs 56g

% CALORIES OF MACROS | SERVING SIZE
Calories 360 | Protein 32% | Fat 8% | Carbs 60%

NUTRIENTS | SERVING SIZE
Fiber 7g | Sodium 600mg | Sat. Fat .4g

INGREDIENTS (serves 1)

6 oz. nonfat plain Greek yogurt
2 pitted dates
½ cup canned pumpkin puree (not canned pumpkin pie)
½ tsp. vanilla
20 grams (2tbsp), vanilla protein powder (see notes)
1-2 dashes each, ground cinnamon and nutmeg to taste

DIRECTIONS

Add all ingredients into a blender and blend until mixed well.

NOTES

- Nutrition analysis based on 20 grams (1 Serving) of whey protein powder that provides 10-11 grams of protein, 75-80 calories and contains less than 2 grams of total sugar NLEA.

NUTRITION EDUCATION

"Don't drink your calories!" is one of the most efficient ways to decrease excessive empty calories. Beginning almost 15 years ago, the 2010 Dietary Guidelines for Americans advised limiting sugar-sweetened beverages. In the next update in 2015, the guidance to limit added sugar to less than roughly 50 grams per day was highly promoted by public health campaigns and professionals as a means to improve the nutritional quality of the diet while assisting with preventing the consumption of excess calories. As a result, there has been a proliferation of low-calorie beverages, such as diet soft drinks, along with using a variety of non-calorie sweeteners and flavorings.

With a focus on "functional foods" and protein, the market and social media influencers promote specialty juices and smoothies with ingredients that address inflammation, boost the immune system, and are packed with protein. Smoothies are currently trendy due to their potential to pack in nutrients and protein while taking little time to prepare and being an "on-the-go meal." As a result, the number of prepared smoothies or functional juices being marketed and sold continues to grow.

When purchasing prepared smoothies or drinks that promote a health benefit, assess the Nutrition Facts Label to assess the number of servings per container, the amount of added sugar, and the total calories. "Nutritious" calories are not free, whether consumed via a plated meal or drunk. One of the most effective ways to decrease the number of calories consumed for those desiring to lose weight is to assess the calories consumed via drink choices throughout the day and limit sugar-sweetened beverages while choosing chew foods for nourishment. Studies show that subjects who eat the same number of calories vs. those who drink report greater fullness and less hunger later in the day. This does not mean avoiding smoothies or functional drinks/juices. It means continuing to make informed choices by reviewing the Nutrition Facts Label or looking for the dietitian-approved tag at your commissaries. When preparing items at home, choose high-nutrient quality ingredients that limit the number of empty calories from added sugars and unhealthy fats while focusing on fiber and lean protein sources. If you like smoothies and they work to fuel your body in the morning or after a workout, make it an optimal choice.

DIETITIAN TIP

Double or triple the recipe and pour into individual servings for quick on the go breakfast.