

Making Smoothies That Count!

Having an overall healthy diet and regular exercise will be the winning ticket for a healthier you! Smoothies, if done right, can be a great source of nutrients and a fun addition to an already balanced diet.



Unique Ingredients and Benefits:

Flax Seed, ground: lowers cholesterol, improves digestion, **weight loss** and reduces inflammation leading to heart disease and certain cancers.

Oatmeal: may help lower blood pressure and blood sugar, aids in constipation, lowers bad cholesterol and therefore reduces risk of heart disease, assist with **weight loss** due to feeling of fullness.

Hemp Seed: Reduce inflammation that may decrease risk of heart disease and improve digestion (only if using whole hemp seed, not hemp hearts because fiber is in the shell). * trace amounts of THC (<0.3%), so avoid if you have a history of cannabis dependency.

Chia Seed: Contains antioxidants that can help fight cancers and aging of the skin, may help with **weight loss** combined with a healthy diet due to fiber and protein content.

Pumpkin Seeds: Reduce inflammation that may decrease heart disease and some cancers, provides high amounts of magnesium needed for controlling blood pressure, maintaining healthy bones and normal blood sugar levels, improves digestion and provides tryptophan which is associated with improved sleep.

Peanut Butter: Contains heart healthy fats and protein.

Walnuts: Decreases inflammation in the body which may decrease heart disease, by reducing damage caused by the "bad" cholesterol and prevention of some cancers.

Almonds: Contains antioxidants that may help fight cancers, aging of the skin, heart disease and Alzheimer's disease. It is high in magnesium, a mineral needed for blood sugar control, which may help in the prevention of metabolic syndrome and Type 2 Diabetes. In addition, magnesium helps in the reduction of blood pressure. Almonds have shown to reduce "bad" cholesterol levels in some studies. Their high fiber and protein content can assist in **weight loss** due to their ability to increase feelings of fullness.

Unsweetened Cocoa Powder: Reduces inflammation and cholesterol, may decrease blood pressure, resulting in a lower risk of a heart attack and stroke. Contains polyphenols which can improve brain health and improve mood. May prevent some cancers from its high flavanol content.

Lentils: Lowers "bad" cholesterol, assists with preventing diabetes, colon cancer and constipation. They contain potassium, which can help lower blood pressure, and folate for heart and blood health.

Greek Yogurt: Assists in bone and digestive health. Because of its protein content, it can help with feeling of fullness and weight loss when combined with an overall healthy diet.

Tofu: Benefits heart health, may help lower "bad" cholesterol, improve bone health, reduction of the growth of certain cancers and improve skin.

*Avoid tofu if you take MAOI medicines to prevent dangerous blood pressure levels.

Turmeric: May help decrease inflammation in the body, improve memory, prevent damage from free radicals causing diseases and aging of the skin, lower heart disease risk and reduce symptoms of depression.

Cinnamon: Fights inflammation in the body

Ground Ginger: Aids in digestion

Sources:

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