



## A Publication of the Presbytery of West Virginia

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For more information about the vitamin and mineral needs of senior adults go to:

Eatright.org

<https://www.eatright.org/>

Real Simple Magazine

<https://www.realsimple.com/health/nutrition-diet/healthy-eating/nutrients-you-need>

American Heart Association

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

I THOUGHT I WOULD MAKE ONE OF YOUR DIET FRUIT SMOOTHIES. I THINK I DID IT WRONG BECAUSE IT TASTES GOOD.



### Healthy Smoothies for Seniors

A critical part of healthy aging, and avoiding senior malnutrition, is getting enough of the right nutrients. Seniors need a range of vitamins, minerals, anti-oxidants, and other healthful ingredients to support the immune system, ward off disease, and provide the building blocks for healthy bodies and minds. But it can be difficult to get enough of the fruits, veggies, and other foods that contain these nutrients. Enter the delicious, nutrient-dense smoothie, which packs a huge amount of protein and vitamins into one easy-to-drink glass.

#### Vitamin A:

**Apricot Smoothie:** 3/4 cup calcium- and vitamin D-fortified soy milk, 4 canned apricot halves (packed in juice), 2 tablespoons orange-juice concentrate, 2 tablespoons toasted wheat germ, 1/2 tablespoon your choice of nuts, 1 banana (Source: Fitness Magazine)

**Pumpkin Pie Smoothie:** 1 small or 1/2 large banana, 1/2 cup plain or vanilla lowfat yogurt (Greek or soy yogurt works too), 1/2 cup skim or soy milk, 1/2 cup canned unsweetened 100% pumpkin puree (not pumpkin pie filling), 1 Tbsp maple syrup, 1/4 tsp pumpkin pie spice or cinnamon, 1 Tbsp ground flax or wheat germ, 3-5 ice cubes. If extra protein desired, consider adding 2 Tbsp of dry milk powder or a vanilla flavored protein powder. Add ice cubes to blender first. (Source: Heather Schwartz, MS, RD)

#### Vitamin B6:

**Pineapple-Zucchini Smoothie:** 1 medium zucchini, 1/2 cup Italian (flat-leaf) parsley, 2 stalks celery, 1/2 can pineapple and juice (or 1 cup fresh, chopped pineapple), 4 to 6 ounces water. (Source: Incredible Smoothies)

**Wheat Germ Smoothie:** 6 oz Greek yogurt, 1 cup almond milk, 1/4 cup almonds, 1 cup blueberries, 4 strawberries, 1/4 banana, 1 tbsp wheat germ, a few ice cubes; blend Greek yogurt, almonds, almond milk and ice first, then add remaining ingredients and blend until mixed. (Source: Dr. Oz)

## Vitamin B12:

**Frosty Pine-Orange Yogurt Smoothie:** 12 ounces orange juice; 1/2 cup pineapple chunks, drained; 1½ cups low-fat vanilla yogurt. (Source: WebMD)

**Banana Spice Smoothie:** 2 ripe bananas, 2 cups vanilla kefir (drinkable yogurt), 1/2 teaspoon ground cinnamon, 1/8 teaspoon ground nutmeg, 1/8 teaspoon ground allspice, 12 ice cubes. (Makes two 2-cup servings; Source: EatingWell.com)

## Vitamin C:

**Anti-Inflammatory Smoothie:** 1-2 cups of filtered water or chilled green tea, ½ cup pineapple, ¼ cup mango chunks, ¼ cup raspberries, ½ teaspoon turmeric, 1 tablespoon minced ginger. (Source: Dr. Lindsay Jones-Born)

**Strawberry-Kiwi Smoothie:** 1½ cup(s) milk, fat-free; 1 cup(s) strawberries, hulled and quartered; 2 kiwi, peeled and quartered (about ½ cup); 2 tablespoon mint, fresh, chopped, plus two sprigs for garnish (optional); 1 tablespoon sugar, granulated, or sugar substitute; 1 cup(s) ice cubes, crushed. (Source: Joy Bauer)

## Vitamin D:

**Black and Blue Smoothie:** 2 cups blackberries, 2 cups blueberries, 1 cup low-fat or fat-free plain yogurt, 1 cup low-fat or fat-free milk, 1 teaspoon vanilla extract, 2 cups ice. (Makes 4 servings; Source: CDC/Office on Women's Health)

**Uplifting Soy Milk Smoothie:** 2 bananas, 1 tbsp creamy peanut butter, 1 tbsp cocoa powder, 1 tbsp honey, 6 oz vanilla soy milk, 4 cubes ice. (Source: TLC Cooking)

## Vitamin E:

**Strawberry-Almond Smoothie:** 10 frozen whole strawberries, 1 cup almond milk, ½ cup silken tofu (4 ounces), 2 tablespoons sugar. (Makes two 2-cup servings; Source: EatingWell.com)

**Kiwi-Apple-Avocado Smoothie:** 1 large apple, cored; 1 large kiwi, peeled; ½ large avocado, peeled and pitted; 6 to 8 ounces of filtered water. (Source: Incredible Smoothies)

## Protein:

**Tofu Strawberry-Banana Smoothie:** ¾ cup silken tofu; 1 cup frozen strawberries; 1 frozen banana, cut into pieces; ½ cup soymilk; 1 tablespoon peanut butter, optional, for more flavor and protein; 2-3 ice cubes. (Source: WebMD)

**Banana-Cocoa Soy Smoothie:** 1 banana, frozen; ½ cup silken tofu; ½ cup soymilk; 2 tablespoons unsweetened cocoa powder; 1 tablespoon honey. (Source: EatingWell.com)

## Antioxidants:

**Green Tea Fruit Smoothie:** 2 cups frozen unsweetened mixed fruit (peaches, melon and grapes); ¾ cup hot brewed green tea; 3 tablespoons honey; 1 tablespoon lemon juice. (Makes two 1-cup servings; Source: EatingWell.com)

**Blackberry Cherry Green Smoothie:** 1 cup cherries, pitted; 1 cup blackberries; 2 small bananas, peeled; ¼ teaspoon pure vanilla; 3 cups fresh baby spinach; 8 ounces of filtered water. (Source: Incredible Smoothies)

