



**make  
the most  
of your  
smoothie**

**by adding fiber  
and protein.**



**Center for Community Health & Prevention**



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MEDICINE



# Adding Fiber

Fruits & vegetables are a great source of fiber, especially if you use the skin and/or seeds.

**Berries**

**Seeds: chia, flax, hemp, sunflower & pumpkin seeds**

**Cooked quinoa or oats are another fiber-rich addition.**

Smoothies offer a great opportunity to use what you have on hand.

All fruits, and most vegetables (especially spinach, kale, cauliflower, carrots, & zucchini), fit!



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# Adding Protein

**Peanut butter (or any nut butter)**

**A scoop of protein supplement (ex: PB2 powder)**

**Cottage cheese**

**Greek yogurt**

**Nuts: almonds, walnuts, etc.**

Smoothies are convenient  
and a great way to keep  
cool in hot weather!

