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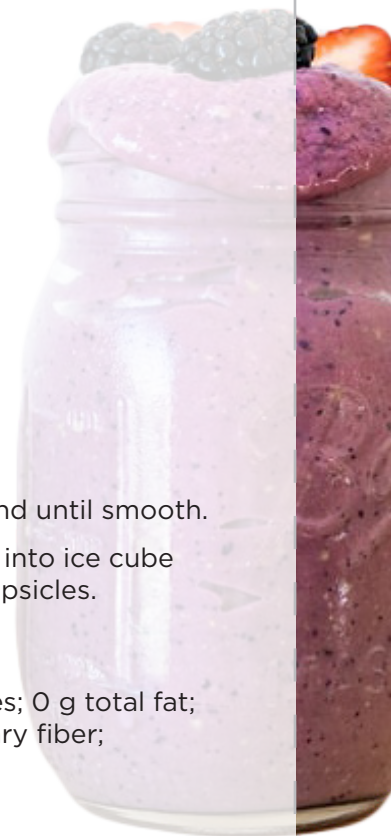
## SUPER SMOOTHIES

Serving: 1

- 1/2 cup frozen strawberries
- 1/3 cup frozen or fresh blueberries
- 1/2 frozen banana
- 1/2 cup skim milk

In a blender, combine all ingredients and blend until smooth.  
Drink smoothie right away or pour smoothie into ice cube tray and freeze for 1-2 hours for smoothie popsicles.

Nutrition information per serving: 160 calories; 0 g total fat; 58 mg sodium; 37 g carbohydrates; 5 g dietary fiber; 5 g protein.



### Sip Smarter

Choose low-fat milk. Doctors recommend adults and children ages 2 and up drink low-fat milk. Drinking 1 percent or skim milk gives you the same nutrients as whole milk but less fat.

### Shop Smart to Save

Never leave home without your list. Going to the store with a food shopping list will help you save time and money.





## BATIDO ESTUPENDO

Porción: 1

- 1/2 taza de fresas congeladas
- 1/3 taza de arándanos congelados o frescos
- 1/2 plátano congelado
- 1/2 taza de leche descremada

En una licuadora, mezcla todos los ingredientes y mezcla hasta que estén suaves.

Bébase el batido inmediatamente o vierta el batido en una bandeja de cubitos de hielo y congélelo durante 1-2 horas para hacer paletas.

Información nutricional por porción: 55 calorías, menos de 1 g de grasa total, 3 mg sodio, 13 g carbohidratos, 3 g fibra dietética, 0.5 g proteína.



## Beba Inteligentemente

Elija Leche baja en grasa. Los médicos recomiendan que los adultos y los niños de 2 años en adelante beban leche baja en grasa. Beber leche de 1% o leche descremada le da los mismos nutrientes que la leche entera, pero con menos grasa.

## Compre inteligentemente para ahorrar

Nunca salgas de casa sin su lista. Ir a la tienda con una lista de compras de alimentos le ayudará a ahorrar tiempo y dinero.

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The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) offers both the Tennessee Nutrition and Consumer Education Programs (TNCEP) and the Expanded Food and Nutrition Education Programs (EFNEP).

Through TNCEP, UT Extension FCS provides nutrition education and chronic disease prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). TNCEP is funded by the Department of Human Services (DHS) and the United States Department of Agriculture (USDA).

EFNEP is a peer-to-peer intensive direct education program using a hands on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity. EFNEP is funded by the United States Department of Agriculture (USDA) and by the Institute of Food and Agriculture (NIFA).