

# WHY SMOOTHIES?

Now we know that smoothies have been around for a very long time gaining popularity over past ten to fifteen years. There are so many smoothies out there to choose from and create. When it comes to smoothies you can customize it anyway you would like according to the taste that you want. The one thing in which you must be mindful of smoothies is that not every smoothie is created equal. There are some fast food restaurants that make smoothies but are FULL of sugar.

## BENEFITS OF DRINKING SMOOTHIES



### # 1. YOU CAN GET YOUR SERVINGS OF FRUITS AND VEGETABLES

Smoothies are a great way to make sure in are getting your daily intakes of fruits and vegetables. You need at least two cups to three cups of vegetables a day and at least 2 servings of fruit a day



### 2. A GREAT SOURCE OF FIBER

When we drink smoothies we are able to get our daily intake of fiber, which most of us do not get enough of. We can get the fiber from the skins of our fruits such as apples. Fiber is also beneficial to helping us lose weight ans that is why smoothies can make a great meal replacement.



### 3. HELPS TO MANAGE FOOD CRAVINGS

Smoothies are full of nutrients, antioxidants, and protein that it can keep you full and satisfied for a very long time which in return can help you to eat less.

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