SWEET GREEN PEACH SMOOTHIE

INGREDIENTS
4 small donut peaches (or 1 large regular peach), pitted and roughly chopped
1 cup diced mango
1 large banana, peeled
3 large kale leaves, stems removed*
2 cups baby spinach
2 tablespoons raw almond butter
1 cup water
½ cup ice cubes

INSTRUCTIONS
1. Add all the ingredients except the ice cubes to the jar of a blender. Turn the blender up to the highest speed and blend until totally smooth.
2. Drop in the ice cubes and blend a few moments more, until no chunks of ice remain.

NUTRITION INFORMATION: serves 2, 267 calories, 8g protein, 44g carbohydrates, 8g fiber, 29g sugar, 10g fat, 13% iron, 122% vitamin C, 431% vitamin K, 53% vitamin A

Recipe and Picture Courtesy of: Leaves of Kale
ADDED SUGAR

The average American consumes 22 teaspoons of added sugar a day, which amounts to an extra 350 calories. The American Heart Association (AHA) recommends that Americans cut back on added sugar to a limit of no more than 6 teaspoons or 100 calories from added sugar per day. Sugar-sweetened beverages and some yogurts and breakfast cereals are among the most common carriers of extra sugar in the diet.

LOOK OUT FOR SUGAR PSEUDONYMS

To avoid having “sugar” as the first ingredient, food manufacturers may use multiple forms of sugar—each with a different name—and list each one individually on the nutrient label. By using this tactic, sugars are represented separately in smaller amounts, which makes it more difficult for consumers to determine how much overall sugar is in a product. Common names may include...

- Dextrose
- Fructose
- High-fructose corn syrup (HFCS)
- Lactose
- Maltose
- Sucrose
- Invert sugar

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