

Soundbite Script – Smoothies and your health: Are they as good as they seem?

Nicole O'Neill, dietitian, OSF HealthCare

"The tricky thing is a lot of smoothies are pretty one dimensional and or the wrong size. So, my number one thought is, deconstruct your smoothie and put it on a plate. If you put it on a plate and you look at that plate and go, 'Whoa, that's too much.' Then that means your smoothies is too much." (:19)

Nicole O'Neill, dietitian, OSF HealthCare

"If you're going to use it as a meal replacement, it literally needs to replace your meal, so it has to have protein. It has to have fat, fiber, it should have carbs. Those are important for your overall health." (:12)

Nicole O'Neill, dietitian, OSF HealthCare

"As a dietitian, my biggest concern is added sugars more than natural sugars. So if you're adding a couple tables of honey or maple syrup, or coffee syrups, that's just going to add a calorie load that is not helpful for weight loss. If you're using a lot of fruit and it has a lot of natural sugar in it, the people I'm concerned about with that component are people who are diabetic." (:33)

Nicole O'Neill, dietitian, OSF HealthCare

"A really good, healthy smoothie, in my mind, is going to probably have Greek yogurt in it. Four ounces of Greek yogurt and a half a banana in it. It might have half a cup of blueberries. You could probably put a scoop of peanut butter, and milk or water to get it to the right texture, or ice cubes, if you like it a little thicker and like a shake." (:24)

Nicole O'Neill, dietitian, OSF HealthCare

"I like one smoothie a day as a meal replacement, especially for people who are on the go. A smoothie is an easy breakfast option that you can make quick, put it in the cup, take it on the ride to work. Some people do more than one, but you have to be careful to make sure you are getting all the nutrients that you need for the entire day." (:25)