

Spin-a-Smoothie

Milk It

Go-yogurt

Veggies Please

Fruity-licious

Super Seed

Flavour Booster

What smoothie are you in the mood for today? Spin the wheel until you find one that suits your taste. Blend the ingredients and enjoy!

Green Mango Tango

Yield: 2 1/3 cups (600 mL)



1 tsp
(5 mL)
Fresh Ginger,
Minced

2 tbsp
(30 mL)
Hemp
Hearts

1 cup
(250 mL)
Mango,
Fresh
or
Frozen

1 cup
(250 mL)
Swiss Chard,
Raw

1 cup
(250 mL)
Mango
Yogurt

1 cup
(250 mL)
Milk



A Natural Powerhouse of Nutrients

Milk products are an important part of your diet because they provide up to 16 essential nutrients.

Depending on your age group **Canada's Food Guide** recommends you consume 2 to 4 servings of Milk and Alternatives every day.



Green Mango Tango

Nutrition Fact per 1 cup (250 mL) serving
Your tastebuds will feel like dancing! And with 10 g of high-quality protein and close to $\frac{1}{3}$ of your daily calcium needs, your muscles and bones will be dancing too!

Canada's Food Guide servings

1

1¼

Including milk and yogurt in your smoothies is an easy way to add high-quality protein to your day.



Our dietitians' favourites

The recipes featured in this resource were carefully selected by our team of Registered Dietitians to help you get enough Milk and Alternatives and Vegetables and Fruit every day. For the nutritional information of these recipes visit: getenough.ca

Milk is milk!
Whether it's skim, 1%, 2% or whole, milk gives you about the same amount of vitamins and minerals.

Are You Getting Enough?

Milk and Alternatives

Vegetables and Fruit

Most people do not consume enough **Milk Products** as well as **Vegetables and Fruit**.¹

The green and blue icons featured in each recipe show you how many servings of **Milk and Alternatives** and **Vegetables and Fruit** a smoothie serving provides.

Veg-it-up!

Trying to find ways to squeeze more veggies into your day? Add them to smoothies!

A handful of spinach or Swiss chard may change the colour of your smoothie, but you'll hardly notice the taste. You could also try adding cooked sweet potatoes to your smoothie. They not only add to the creaminess of a smoothie, they also give it a vitamin A boost.

Milk is about 90% water. What a great thirst quencher!



Every Day™



NUTRITION
DAIRY FARMERS OF CANADA

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