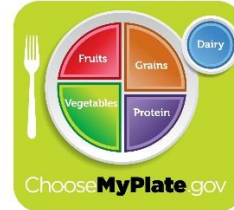


Smoothie Measurements



These measurements are geared towards 9-13 years-olds based on estimated daily calorie needs. Calorie need estimate ranges from activity level, gender, and age. Activity levels are sedentary, moderately active, and active. You can find definitions of these terms along with detailed charts “Estimated Daily Calorie Needs”, and “My Eating Plan” by following the link http://fyics.ifas.ufl.edu/Extension/HNFS/MyPlate/MyPlate/Using_MyPlate_in_your_life_9-13_year_olds_FINAL.pdf

½ Cup of Protein

Choose one: Greek Yogurt (Dairy) or Peanut Butter

1 ½ Cup of Fruit

1 Large banana= 1 Cup

Choose one: Banana, Strawberries, or Blueberries

½ Cup of Vegetable (Spinach)

½ Cup of Liquid

Choose one: V8 100% Vegetable juice, or Mott’s Garden Blend 100% Vegetable Juice, Water

¼ Cup of Grains (Granola)