



Healthy Food for Kids

10

Tasty, Cost-Effective, and Nutritious Recipes!

Healthy Bones Straw-bana Smoothie

Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
1 cup plain nonfat greek yogurt	Good and Gather Plain Greek Nonfat Yogurt	\$4.29/32 oz.	Target
1 cup collard greens	Kroger Collard Greens	\$2.99/16 oz.	Ralphs
1 medium banana		\$0.30/piece	Ralphs
1 orange		\$0.65/piece	Ralphs
6 strawberries		\$2.99/lb.	Ralphs

Ingredients Likely At Home

16 fl. oz. 2% reduced fat milk (any type of milk)	Good and Gather 2% Milk	\$2.99/gallon	Target
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Cost of Ingredients Not Likely at Home:
\$11.22 (Total); \$5.61 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:
\$14.21 (Total); \$7.11 (per serving)

Recipe



Prep Time:
5 min
Cook Time:
5 min

1.

- Before making the smoothie: chop bananas, oranges, strawberries and put in freezer so they are frozen when ready to make the smoothie

2.

- Combine all of the ingredients into a blender
- Pour in the fat-free milk (or any milk used in the household)

3.

- Blend together until smooth and consistent



Nutrition Facts

2 servings per recipe

Serving size

1 smoothie

Amount per serving

Calories

238.8

% Daily Value*

Total Fat 3.1g 5%

Saturated Fat 1.7g 8%

Trans Fat 0.1g

Cholesterol 15.2mg 5%

Sodium 113.3mg 5%

Total Carbohydrates 35.3g 12%

Dietary Fiber 4.8g 19%

Total Sugars 24.8g

Includes 0g Added Sugars 0%

Protein 18.7g 37%

Vitamin D 1.39mcg 13.9%

Calcium 345.74mg 34.6%

Iron 0.83mg 4.6%

Potassium 716.34mg 20.5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A graphic of a spotlight with a yellow beam shining down on the text.

Nutrition Spotlight

Mineral - Calcium

This smoothie, with its milk and yogurt, provides an excellent source for our next spotlight nutrient — calcium! Calcium is a mineral that is needed in order to help with muscle contraction and movement, as well as keep our bones strong and healthy. Similar to sodium and potassium's ability to help our heart beat, calcium is involved in this process as well. However, very little calcium is needed for these functions and most of our calcium is used towards its primary function — building our bones. Calcium is stored in our bones and teeth to help support these structures. In order to be strengthened and grow, the bones absorb the calcium we consume and store it in centers in the tissues. As children, we grow extremely fast and to support that bone growth, we need to eat more foods with calcium. Calcium can be found in dairy products, nuts, cereal grains, and vegetables like kale and broccoli.

The recommended amount for children 4-8 years old is 1,000 mg and for 9-13 years old is 1,300 mg. However, make sure to eat calcium along with Vitamin D since this fat-soluble vitamin is needed in order for our body to absorb calcium. There are very few foods that naturally contain Vitamin D so the best way to get enough of it is through sunlight. Not only can Vitamin D increase the amount of calcium absorbed in our body, but it can also help us to maintain a positive mood throughout the day!

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:

<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from All Nutribullet Recipe's recipe, found here:

<https://allnutribulletrecipes.com/strong-bones-high-calcium-smoothie/>

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation:

<https://cronometer.com/>

The information on Calcium was retrieved from:

<https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>

<https://pubmed.ncbi.nlm.nih.gov/17913228/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6683260/>

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*