

## Sip on a Smoothie this Summer

Smoothies are healthy, fresh, delicious, and easy to eat for nearly everyone – even older adults who may have dietary restrictions or difficulties with chewing or swallowing. They are also excellent for people who want to gain or lose weight or have small appetites.

Smoothies are easy to make and only require a few ingredients and a good, yet inexpensive blender. They can be prepared in a few minutes and served as a breakfast, lunch, snack, dessert or as a drink with a regular meal.

Smoothies can fulfill a lot of basic nutritional needs for older adults. Calcium from milk or yogurt is important for building and maintaining healthy bones and preventing osteoporosis. Fruits and vegetables, whether fresh or frozen, contain lots of vitamins and minerals that have beneficial disease-fighting properties.

Here are some ideas to help you get started creating your own healthy beverages.

- **Strawberry-Banana Smoothie:**

1 cup plain low-fat yogurt, 1 medium banana, ½ cup orange juice, 6 frozen strawberries

- **Banana Oatmeal Smoothie:** 1 medium banana, ¼ cup old-fashioned oats, ½ cup soy milk, 2 Tbs peanut butter

- **Peanut butter-Berry Smoothie:** 1 cup raspberries, ½ medium banana, 1 Tbs peanut butter, ¼ cup milk, ½ cup crushed ice

- **Pina Colada Smoothie:** 1 cup fresh spinach, 1 cup frozen pineapple chunks, ¾ cup coconut milk



### Dining Centers & Days of Service Call for Lunch Reservations

#### LINN COUNTY

**Albany Senior Center**

Monday - Friday (541) 967-7647

**Brownsville Christian Church**

Tues. & Thurs. (541) 466-5015

**Lebanon Senior Center**

Monday - Friday (541) 451-1139

**Mill City, First Presbyterian**

Tues. & Thurs. (503) 897-2204

**Sweet Home Community Center**

Mon., Tues., Fri (541) 367-8843

#### BENTON COUNTY

**Corvallis Senior Center**

Monday - Friday (541) 753-1022

#### LINCOLN COUNTY

**Lincoln City Community Center**

Mon., Wed., Fri. (541) 994-7731

**Newport Senior Center**

Mon., Wed., Fri. (541) 574-0669

**Siletz, Tribal Community Center**

Mon. & Wed. (541) 444-9169

**Toledo, Trinity United Methodist**

Friday (541) 336-2450

**Waldport, South County Sr. Center**

Mon., Wed., Fri (541) 563-8796