



Beverages

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NUTRITION **R_x**

Healthy Foods for Children and Young People



Beverages provide a great opportunity to help meet the body's need for fluid. **Water should be encouraged as the main beverage.**

Any of the following beverages may also be selected:

- Skimmed, 1%, or soy milk
- Smoothies made with skimmed, 1%, or soy milk,
- Yogurt drinks
- 100% fruit juice (limit to one small glass daily)
- Coconut water

NUTRITION **R_x**

Carrot & Banana Smoothie



- 2 large carrots, chopped
- 1 ripe banana
- 2 cups skimmed, 1%, or soy milk
- Vanilla essence to taste
- Nutmeg to taste
- Sugar to taste (optional)

Method

1. Peel banana, cut into chunks and place in blender
2. Add all other ingredients and blend on high speed until smooth
3. Serve chilled

Serves 2