

# Some practical advice on eating more fruits and vegetables

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The winds of nutritional science are always changing. From day to day, something like vitamin E can be recommended for preventing degenerative diseases like Alzheimer's one day, to showing no positive health effects the next. Nutritional information has become murky, to say the least, but there is one time-tested nutritional adage that we can rely upon. Eat more fruits and vegetables. Yet, getting plenty of fruits and vegetables into our diets can be a daunting task.

Consuming plenty of fruits and vegetables can collide with our busy lives, especially with the temptation of fast and processed foods. We know that we need to consume more whole and fresh food, so how do we reconcile our busy lives with the nutritional needs of our bodies? One easy and delicious way is with whole food shakes.

I decided to buy one of the specialty blenders that are specifically designed for making whole food shakes. I was lucky enough to find one of the blenders on sale and purchased one. When reading the instruction manual and searching for more information online, it became clear that this special blender could be a wonderful solution for me as well as for my patients who want to eat more fruits and vegetables prepared in a delicious and easy way. It's fast, easy to use and clean, and for those who don't like vegetables, it can hide vegetables in a delicious, nutrient-rich smoothie.

Unlike juicing machines, these blenders leave all the food's natural fiber in the shake. There are plenty of recipes available, but simple experimentation is just as useful in making healthy and delicious shakes. An apple or an orange with spinach or kale makes a great base for the shake. Then add protein powder, frozen fruit, olive or coconut oil and any type of nut, like walnuts or almonds, for healthy fats and fiber.

The great thing about these blenders is that they create a shake with a silky, smooth texture. It's impossible to tell that there's spinach or kale in the shake because they are so well blended. So, even if you are a person who dislikes vegetables, you can sneak some into your diet.

There are many advantages of eating more fruits and vegetables. One big bonus is that you consume less calories while still feeling full, which can help with losing or maintaining weight. Increasing your intake of fruits and vegetables can help lower blood pressure and also is associated with lower risks of certain types of cancer and heart disease. You could even experience higher energy levels as your body has the fuel it needs to run more efficiently and effectively.

There really is no downside to this easy and delicious way to consume more fruits and vegetables. Your body will thank you for it.