



Nutrition Counts: Tips for Special Diets

Fresh, real eggs are an economical ingredient for so many foodservice recipes, and smoothies are no exception! You can custom-tweak nutrients in smoothies just by choosing your add-ins. Fresh eggs boost the protein every time, rounding out the nutrient profiles. Get the low-down on nutrition at SafeEggs.com/eggs/egg-nutrition.

Real Safe for Your Highly Susceptible Clients.

Raw or undercooked shell eggs cause 4 out of 5 Salmonella enteritidis illnesses today. And healthcare clients—including seniors—can be especially vulnerable. If you are serving seniors, you know there are special precautions to consider. Safest Choice™ pasteurized shell eggs meet FDA recommendations, even for these special groups. Learn more about shell eggs and older Americans at SafeEggs.com

Diets for diabetes: Smoothies between meals provide a refreshing way to distribute carbohydrate intake, or provide an alternative to skipping breakfast for your clients with busy schedules. The high fiber values of fruit smoothies help control blood sugar spikes. With egg cholesterol counts now lower than ever before, you'll be surprised how well smoothies fit into recommended cholesterol profiles! Every 15 grams of carbohydrate counts as a Starch/Bread or Fruit exchange. Most of these recipes run 2-3 Carb exchanges and ½ to 2 meat exchanges. If you're distinguishing lean meat versus medium-fat meats, check the fat values. Most are lean. Nutrition facts appear with every recipe.

Lactose-intolerant diets: For recipes that call for milk or yogurt, use soy milk and dairy products, or try almond milk. Both add a subtle, nutty flavor that complements the fruits.

Dysphagia diets: These smoothie recipes generally classify as Thin Liquid level on the National Dysphagia Diet (NDD). To make them thicker, as applicable, reduce ice (making the product more nutrient dense), and/or use frozen fruit, and/or add commercial thickener. You'll find the Blueberry Smoothie a little thicker—Spoon-Thick Liquid level on the NDD. Note this will become thinner as it thaws, so monitor time from preparation to service.

Cardiac health: Choosing your dairy ingredients gives you plenty of control over fat and cholesterol. Many of these recipes feature low-fat or fat-free dairy ingredients, but still deliver a rich, satisfying texture. About eggs: there's good news and more good news. The USDA has re-calibrated cholesterol values for eggs, now down to 185 mg. More good news: A growing body of research shows that eggs have a solid place in a healthy diet. In fact, the Harvard Medical School says, "The only large study to look at the impact of egg consumption on heart disease—not on cholesterol levels or other intermediaries—found no connection between the two." See details at SafeEggs.com/eggs/egg-nutrition

Diet for hypertension: Safest Choice™ smoothie recipes are so low in sodium and bursting with potassium! Many contribute a great dose of calcium, too. If you follow the advice of the Dietary Approaches to Stop Hypertension (DASH), you know that these proportions are more important than just cutting back sodium. A high potassium and low sodium balance, along with plenty of calcium, are just what the medical experts ordered! Learn more at www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

For the weight conscious: Research shows that eggs in the diet can help people eat fewer calories. A study published in the Journal of the American College of Nutrition shows that including eggs in your breakfast can help people feel full—and actually help reduce your calorie intake for the whole day. With eggs at breakfast, levels of ghrelin, a hormone that contributes to hunger, were reduced. So were blood sugar and insulin levels. See details at SafeEggs.com/eggs/egg-nutrition

For the under-nourished: Cool, fresh, sippable flavor can be a great way to supplement your clients' protein and calorie intake. Many people who aren't enjoying meat will welcome the high-quality protein eggs provide in these smoothie recipes. For an extra boost, add extra eggs.

How about your foodservice budget? We encourage you to compare a fresh smoothie with some of your nutrition supplement beverages. Why not run a cost and nutrient comparison in conjunction with your taste test? You'll find a free taste-testing tool at SafeEggs.com/smooth. Real foods (such as the eggs and fruits in these smoothies) are not only less expensive; they provide the added benefit of phytonutrients.



For free smoothie recipes and nutrition facts, visit SafeEggs.com/recipes



Real flavor. Real fresh. Real safe.