

Smoothies Set To Be Healthy Option

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The benefits of a smoothie are better than ever, according to nutritionists.

They are recommending that the labelling advice on the products should be updated to show they contain two of the recommended "5-a-day" portions of fruit and vegetables, not just the one as listed at present.

Recipes have at least one 80g portion of mashed fruit and a portion of juice, giving them two portions of the 5-a-day, according to an article in Nutrition Bulletin.



Slipping down a treat

Updating the advice would help more consumers reach their 5-a-day targets, said the article's author dietician Dr Carrie Ruxton.

"The steady growth of smoothies in the chilled juice market creates an opportunity to help more consumers achieve the 5-a-day target," she said.

"This could be made easier if they were designated as two portions of fruit, rather than being lumped together with juices as just one portion.

"Smoothies are significantly higher in fibre, vitamin C and antioxidants than juices and meet the criteria to make a labelling claim for fibre content.

The sugar content of the drink was no greater than the fruit in its original form, she said.

"In conclusion, the nutritional benefits offered by smoothies far outweigh any risks, and a re-evaluation of the 5-a-day criteria is justified," she concluded.

Professor Judith Buttriss, director general of the British Nutrition Foundation, said: "The Government's advice may not sufficiently reflect the full nutritional benefits that all-fruit smoothies offer, particularly the dietary fibre provided.

"Smoothies, whether shop bought or homemade, provide a convenient way of consuming the vitamins, minerals and fibre of fruit."

Ruxton, C.H.S. (2008). Smoothies: one portion or two? Nutrition Bulletin, 33, 129-132.