

## The Pros and Cons of Liquid Meals

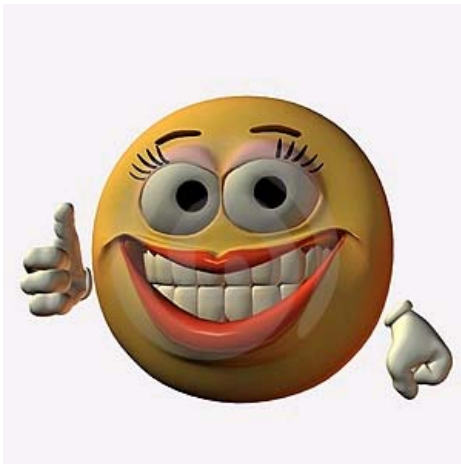
### What are Liquid Meals?

Liquid meals, such as Ensure and Boost, are basically “meals in a bottle,” containing many vitamins and minerals as well as calories that give you energy.



### Benefits of Liquid Meals:

- Provide vitamins and minerals needed for good health.
- Provide a liquid meal if you are unable to chew solid food.
- Come in different flavors.
- Offer a quick meal if you are on the go.



### Disadvantages of Liquid Meals

- These drinks do not replace a well-balanced diet. Try to consume vegetables, fruits, protein foods, dairy foods, and grains as well.
- Chewing food helps you feel full faster and longer than only drinking a meal.

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## **Banana Blusher**

*If you must drink a liquid meal, here is a recipe to make it taste better.*

**Ingredients** (Makes: 1 1½-cup serving)  
1 8-fluid-ounce bottle Vanilla Ensure® or Boost®  
1 small ripe banana  
¼ teaspoon vanilla extract



## **Directions**

In a blender, combine all ingredients.  
Blend until smooth. Chill well.  
Pour into a tall glass and serve.

## **Nutrition Information:**

Calories: 340      Fat: 7 grams      Carbohydrates: 63 grams  
Protein: 10 grams      Dietary fiber: 3 grams      Cholesterol: 5 mg  
Sodium: 200 mg

Recipe from [www.ensure.com](http://www.ensure.com)

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