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.
**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