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