

'Smooth' sailing for your tummy

Smoothies are a perfect way to add calories and protein during an inflammatory bowel disease (IBD) flare. Using low-fat dairy products combined with canned soft fruits (such as peaches, pears or fresh, ripe bananas) provides hydration, calcium, protein and calories.

If you are lactose intolerant (cannot drink milk or eat dairy products), a similar smoothie can be made using protein powder, fruit juice, sherbet and ice cubes.



**Find more resources at
clevelandclinic.org/nutrition**

Recipe created by Digestive Disease Institute registered dietitians.

Banana Smoothie

Makes 1 serving

- 1 banana
- ½ cup fat-free vanilla yogurt
- 2 ice cubes
- 2 teaspoons vanilla extract

Blend all ingredients in a blender until smooth.

Variations and suggestions:

1. If you would like to make it sweeter, add sugar or artificial sweetener to taste.
2. Greek yogurt can be added in place of regular yogurt to increase the protein by 7 grams.
3. Soy yogurt can be used if you are lactose intolerant.

Note: Nutritional analysis may vary depending on the ingredient brands used or sweetener added.



NUTRITIONAL INFORMATION (PER SERVING):

Calories: 178

Protein: 5 g

Carbohydrate: 37 g

Dietary Fiber: 3 g

Sugar: 24 g

Total Fat: 0.5 g

Saturated Fat: 0 g

Cholesterol: 2 mg

Sodium: 68 mg

Potassium: 636 mg

Calcium: 170 mg