

# BERRY SHAKE

## INGREDIENTS

- ½ cup of raspberry
- ½ cup of blueberry
- 1 cup of strawberry
- 2 cups of non-fat milk
- 1 scoop of unflavored whey protein isolate powder \*
- 1 cup of ice \*\*

## DIRECTIONS

The Serving size per recipe is 2 (~413g)  
Add all the ingredients into a blender and blend it thoroughly for 2 to 3 minutes until it becomes mixed together.

\* The whey protein isolate can be added to have a higher protein content

\*\* If the fruits are used in the frozen form, the ice can be omitted.

## NUTRITION FACTS

Number of serving 2

Amount Per Serving (413g)

Calories 240		Calories from Fat 5
		% Daily Value
<b>Total Fat</b>	0.5g	5%
Saturated Fat	0g	8%
Trans Fat	0g	0%
<b>Cholesterol</b>	5mg	7%
<b>Sodium</b>	170mg	7%
<b>Total Carbohydrate</b>	27g	9%
Dietary Fiber	5g	20%
Sugars	20g	
<b>Protein</b>	32g	
Vitamin A	10%	Vitamin C 90%
Calcium	35%	Iron 4%

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## The Right Choice

## Natural or Artificial



## Sugars and Sweeteners



**S**ugars are naturally occurring substances found in many foods especially fruits and vegetables which provide a sweet taste.

Sugars can be found as a single entity (glucose, fructose, galactose...) or combinations of several compounds (sucrose, Lactose).

## NATURAL SUGARS

**Table Sugar (Sucrose)** is being extracted from plants such as sugar beets or sugar canes.

Different types of sucrose could be found:

**Raw sugar** is the crystals residue formed in the liquid of the ground and pressed sugar canes.



**Molasses** is a rich, brown mixture liquid formed by filtration and evaporation of plant trash and raw sugar crystals.



**White sugar** is formed from the processing of the raw sugar and molasses and is about 99.9% sucrose.



**Brown sugar** is a mixture of white sugar with various amounts of molasses.



**Lactose** is the natural sugar found in milk. It makes up about 2-8% of milk.



**Fructose** is a natural sugar found in fruits, honey, and vegetables. It is extracted and used to sweeten several food products.

*High Fructose Corn Syrup (HFCS)* contains the sugars, fructose and glucose from processed corn. It is used in many foods, beverages and several processed foods such as sodas, desserts and cereals. It is comprised of about 42-90% fructose and 10-58% glucose.

## NATURAL SWEETENERS



**Stevia leaf extract**

(Truvia, Pure Via)

It is used in diet drinks, bakery goods and yogurts.

It is derived from the stevia plant, stevia leaf extract, also called rebiana.

**Agave nectar or syrup** is a product of the agave cactus, and its taste and texture are similar to honey. It contains a very high amount of fructose.



**Honey** is made by bees using the nectar from flowers. Honey contains about 38% of fructose, 31% glucose, 9% of other sugars, trace amounts of vitamins and minerals.

## ARTIFICIAL SWEETENERS

**Sunett and Sweet One (Acesulfame potassium)**

are used in soft drinks, gelatins, chewing gum, and frozen desserts.



**Nutrasweet (Neotame)** is a newly developed artificial sweetener. It has zero calories per serving. It is suitable as part of a diabetic diet.



**Equal and NutraSweet**

(Aspartame) are used in drinks, gum, yogurt and cough drops. It is one of the most studied artificial sweeteners.



**Sweet'N Low**

(Saccharin) is used as a non-caloric sweetener and sugar substitute in foods, candies, beverages and even toothpaste for more than 100 years.



**Splenda (Sucralose)** is used in fruit drinks, canned fruit, and syrups.

**Sorbitol, xylitol, and mannitol (Sugar alcohols)**

It is used in sugar-free candies, gum, and desserts. Sugar alcohols have some nutritive values. They contain 10 calories per teaspoon and do not cause tooth decay like table sugar.