

A man and a woman are in a kitchen, smiling and looking at each other. The man is on the left, wearing a white t-shirt, and the woman is on the right, wearing a checkered shirt. They are standing behind a counter with various ingredients and a bowl. The background shows kitchen cabinets and a window.

We will begin shortly. While we wait, grab these items for the demo:

- ▶ 5 ounces of Plain or Vanilla Greek Yogurt
- ▶ Ice (8-10 cubes)
- ▶ Skim milk (8 ounces)
- ▶ 2 Tbsp. of peanut powder or peanut butter
- ▶ 1 tsp. of sweetener of choice
- ▶ $\frac{3}{4}$ cup of 1 small/medium banana

Make & Take: Smoothie Demo

- ▶ 83+ years, started by Railway Mail Carriers
- ▶ 2+ million members worldwide
- ▶ 2nd largest FEHB membership
- ▶ Largest dental membership in FEDVIP

- ▶ Exclusively Federal / Postal / Annuitants / Military retirees
- ▶ Extensive nationwide network of doctors, dentists, hospitals and other providers
- ▶ We want you to Choose Possible

Today's presenters



Lindsay Martin, MS, RDN, LDN

Health and Wellness Program Administrator | GEHA



Host Name

Host title

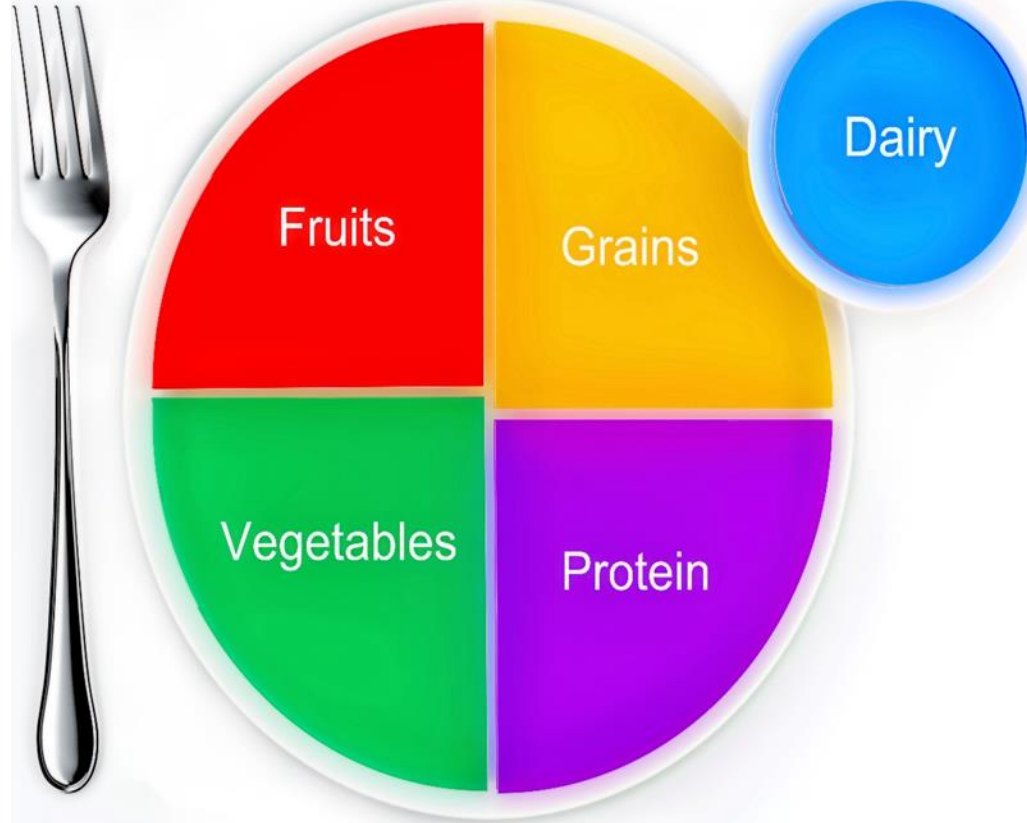
Agenda



- ▶ Balancing our meals
- ▶ How to pick to your preference:
 - Protein
 - Fiber
 - Base/ Liquid
- ▶ Make & Take-- Recipes

My Plate

- ▶ Use the USDA MyPlate to help create balance each meal.
- ▶ $\frac{1}{2}$ fruits & vegetables
- ▶ $\frac{1}{4}$ whole grains
- ▶ $\frac{1}{4}$ lean protein
- ▶ Low fat dairy options





Preference your Protein

- ▶ Greek yogurt
- ▶ Protein powder
- ▶ Egg whites
- ▶ Cottage cheese
- ▶ Nut/ seed butter (powder)
- ▶ Nuts and seeds
- ▶ Tofu
- ▶ Cooked quinoa



Fiber Up

- ▶ Favorite fruit
- ▶ Veggies
- ▶ Spinach
- ▶ Kale
- ▶ Seeds
 - Ground flax seed
 - Chia seeds
 - Hemp seeds



Base/ Liquid

- ▶ Milk or plant- based milk
- ▶ Water /Ice
- ▶ Premade protein shake



Make & Take

- ▶ Blend and Serve
- ▶ The sky is the limit with making smoothies!
- ▶ Pack it with nutrition
- ▶ Use variety
- ▶ Make it how you like it!



Chunky Monkey Smoothie

- ▶ Plain or Vanilla Greek Yogurt
- ▶ Ice (8 cubes)
- ▶ Skim milk (8 ounces)
- ▶ 2 Tbsp. of peanut powder or peanut butter
- ▶ 1 tsp. of sweetener of choice
- ▶ $\frac{3}{4}$ cup of 1 small/medium banana
- ▶ Blend & Drink!



Purple Monster

- ▶ Chocolate Protein Powder (1 heaping scoop)
- ▶ Ice (8 cubes)
- ▶ Skim milk (8 ounces)
- ▶ 1 cup of raw spinach leaves
- ▶ $\frac{3}{4}$ cup of blueberries
- ▶ Blend & Drink!

GEHA member resources

- ▶ Elevate and Elevate Plus plans
 - Rally digital health platform for fitness and nutrition
 - Real Appeal weight management program
 - Learn more at geha.com/Elevate-Rewards
- ▶ HDHP, Standard and High Option plans
 - Health Balance digital health platform geha.com/HB-Rewards
- ▶ All plans
 - GEHA Connection Fitness
 - Learn more at geha.com/Fitness
 - Chiropractic and acupuncture
- ▶ GEHA website for benefit information geha.com

Q&A



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Thank you

At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that's when it's most important that we do what it takes to be your trusted partner.

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