

# HEALTHFUL TIPS

## Jumping Java

Coffee shops, in-home brewing options, and even Pinterest have moved coffee beyond the basics—making it more interesting to drink. Coffee has become one of the world's most popular drinks and that may be a good thing. Emerging research indicates that coffee consumption provides health benefits—perhaps protecting against type 2 diabetes, Parkinson's disease, liver disease, and heart disease.

As in most things, more isn't always better and moderation is key—2 or 3 cups (8 oz cups) seems to be the right amount to appreciate coffee's health benefits. Drinking more than 4 cups may lead to insomnia, nervousness, restlessness, irritability, stomach upset, fast heartbeat, and muscle tremors. Check with your doctor or pharmacist to see if caffeine may interact with any medications you are taking. Some people are more sensitive to the negative effects of caffeine and should limit their intake.

Start your day with a bariatric-friendly cup of hot or cold java.

### Vanilla Protein Java

- 1 cup ice
- 1/2 cup chilled strong-brewed coffee
- 1 scoop vanilla protein powder (Matrix 2.0 or other)
- 1/4 cup milk
- 1/4 cup Dannon Triple Zero vanilla yogurt

Place all ingredients in blender and blend until smooth. Makes 1 serving.

**Nutrition information per serving:** 177 calories, 31 grams protein, 2 grams fat, 11 grams carbohydrate, 131 mg sodium.

### Peanut Butter Cup Coffee

- 1 cup strong brewed coffee, chilled
- 1 scoop chocolate protein powder
- 1 tablespoon PB2 powdered peanut butter
- 1/4 cup skim milk

Put all ingredients in blender and blend on high. Pour over ice. Makes 1 serving.

**Nutrition information per serving:** 156 calories, 28 grams protein, 3 grams fat, 8 grams carbohydrate, 106 mg sodium.



### Banana Java

- 1 cup ice
- 1 scoop vanilla protein powder (Matrix 2.0 or other)
- 1/2 frozen banana (peel the banana before freezing)
- 1 cup strong brewed coffee, chilled
- 1/2 cup milk, skim
- Stevia or Splenda to taste if desired

Place all ingredients in blender and blend until smooth. Makes 1 serving.

**Nutrition information per serving:** 206 calories, 28 grams protein, 2 grams fat, 22 grams carbohydrate, 132 mg sodium.

### Breakfast Cookie Smoothie

- 1/4 cup strong brewed coffee
- 1/8 cup raisins
- 1/2 banana frozen (peel before freezing)
- 2 tablespoons rolled oats
- 1 cup milk, skim
- 1 scoop chocolate protein powder (Matrix 2.0)
- 1 tsp flax seeds
- 3-4 ice cubes

Put all ingredients in blender and blend until smooth. Makes 2 servings.

**Nutrition information per serving:** 178 calories, 17 grams protein, 2 grams fat, 25 grams carbohydrate, 94 mg sodium.

### Frozen Coffee

- 6 coffee cubes (freeze strong brewed coffee in ice cube trays)
- 1/2 cup strong brewed coffee, chilled
- Optional: unsweetened flavored creamer, fat-free cream, Splenda or Stevia to taste

Place all ingredients in blender on high for 1-3 minutes until the consistency of slush. Pour into a tall glass. Makes 1 serving.

**Nutrition information per serving** (without optional ingredients): 2 calories, 0 grams protein, 0 grams fat, 0 grams carbohydrate, 0 mg sodium.