

Health Tip of the Month

Crazy About Kefir

Kefir is a cultured, creamy product with amazing health attributes..

Kefir's tart and refreshing flavor is similar to a drinking-style yogurt. It contains beneficial yeast as well as friendly 'probiotic' bacteria found in yogurt. Health benefits may include:

- boosting your immune system
- prevent and treat urinary tract infections
- improve digestive function
- help inflammatory bowel conditions like IBS
- manage and prevent eczema in children
- fight food-borne illnesses



Kefir as a healthy base for your delicious fruit smoothies!

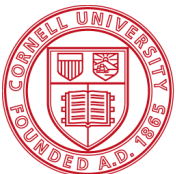
Start with ½ cup kefir and ½ cup ice cubes
Add 1-2 servings of a fruit you like
Add a sweetener of your choice (optional)
Blend and enjoy!



Some suggested combinations:

- Cantaloupe\honeydew melon and grapes
- Avocado and dates
- Pineapple and pears
- Mango and cardamom
- Peaches, nectarines, plums, etc.

When you become a fruit smoothie master, try adding vegetables to your smoothies!



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Marc LaMorie, Dietetic Intern

Queens College

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