Smoothies and Bipolar Diet

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Breakfast Smoothies for a Bipolar Diet

Smoothies are definitely a trend in nutrition. Thirty years ago, very few people made smoothies, but now they are the norm.

Smoothies are an excellent way of eating foods that you really don't want to eat, such as kale, spinach, parsley, and Swiss chard. It would get awfully boring if you had to eat these foods daily in a salad, but by blending them together in a blender with fruit, you now have accomplished one of the most difficult goals – getting your daily servings of fruits and vegetables for a healthy Bipolar diet.

Boost Bipolar Diet with Smoothies

Anyone who is sick with any type of illness – mental or physical – always needs higher amounts of nutrients to overcome the sickness. And when you think about it; the last thing you want to do when you're sick is eat fruits and veggies – or anything at all. Yet, it's nutrients you need – and fruits and vegetables are the best foods to give them to you.

By easily mixing together several types of vegetables in your diet, you can now begin to feel the healing capacity of them, and learn how they affect your mind as well.

Here's a list of some of the most nutrient-dense smoothie ingredients below. As you read them, note which ones will be best for you to throw into a blender drink:

Yogurt
Swiss Chard
Carrots
Parsnips
Flaxseed
Ginger
Oranges
Pomegranate
Pears
Coconut
Kefir Milk
Dandelion Greens
Celery
Almonds
Hempseed Powder
Onions
Kiwi
Spinach
Pumpkin Seeds
Tomatoes
Walnuts
Parsley
Garlic
Lemons
Grapefruit
Red Bananas
Tangerine
Kale
Chia Seeds
Berries
Cilantro
Apples
Limes
Melons

Figs
Bananas
Avocado
Mango
Pineapple

There are literally hundreds of options you could combine to create plenty of taste bud-rewarding smoothies for a healthy bipolar diet. Below are a few of those ingredient combinations:

1. Yogurt, banana, spinach, dandelion greens, chia seeds, lemon, coconut, vanilla, ice cubes.
2. Kefir milk, orange, macadamia nuts, hempseed powder, pear, avocado, ice cubes.
3. Blueberries, avocado, coconut, hempseed powder, walnuts, protein powder, ice cubes.
4. Tomatoes, spinach, Swiss chard, pineapple, walnuts, almonds, lemon, ice cubes.

All day long, you could create new smoothie mixes that no one has ever tasted and meanwhile, you'd feel healthier and happier. Why not try some today and make a commitment to drink a smoothie a day for 30 days? Then at the end of the 30 days, evaluate your health.