
The importance of smoothies in hydration

R. Escalona Navarro, MC. Gómez Martín,
A. Rodríguez de Cepeda, R. Vázquez García,
J. Espejo Garrido.

Health District Aljarafe-Sevilla Norte. Sevilla. Spain.

Introduction: Dehydration occurs when the body loses more water than you take in that is when the water balance is negative, it is shifted to water loss. It is often accompanied by changes in the balance of mineral salts or electrolytes in the body, especially sodium and potassium. It is aggravated by heat and swallowing problems. Today green smoothies are increasingly present in the diet of people interested in pursuing a healthy diet. Also, there is a major direct input of water and mineral salts contained in vegetables and fruits used to constitute an effective element of hydration.

Objective: Knowing the contribution of water and salts present in green smoothies.

Method: Observational analytical study of the composition of water and salts commonly used in green smoothies.

Results: From a total of seven green smoothy recipes comprised of 22 different plant nutrients, it has been found that these shakes have more than 92% water, an average sodium concentration of 0.15% and 1.16% potassium.

Conclusions: Green smoothies provide a high concentration of water and mineral salts in a prompt and pleasant way, avoiding dehydration.

Key words: *smoothies, fruits, vegetables, water, minerals.*