

Reader's Digest

9 Food Innovations That Make Healthy Eating Easy

These creative products can help you boost your nutrition—whether you're aiming to get more greens into your diet or munch healthy foods on the go.

By Perri O. Blumberg

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Courtesy of Jamba Juice

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Your Mission: Make healthy smoothies at home in a snap

Ever in the mood for a quick breakfast or snack shake, only to find you don't have all the fruits and veggies on hand? Jamba Juice shake maestros have created the first veggie smoothie kit, [The Green Fusion](#), with green apple, mango, pineapple, kiwi, banana, broccoli, spinach and spirulina. Available at supermarkets nationwide, simply blend with a cup of apple

juice. The smoothie boasts a full serving of fruit, along with 100% of the daily recommended value for vitamin C, 40% for vitamin A, and 25% for vitamins D, E, K, B1 and B6.