# Dr. Jerome Adams' Nutrition Hack: A Smoothie for Longevity



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**Washington, D.C.** - Dr. Jerome Adams, former U.S. Surgeon General under President Donald Trump, has shared a nutrition strategy he believes helps extend his lifespan. Dr. Adams, who served from 2017 to 2021 and is an anesthesiologist, incorporates a daily smoothie into his diet.

Dr. Adams, now a director at Purdue University in Indiana, includes spinach, almond milk, frozen fruit such as strawberries or mangoes, and carrots in his smoothie. He says this concoction provides essential micronutrients and helps prevent snacking, promoting a reduction in the consumption of ultra-processed foods like sugary cereals, soft drinks, ready meals, and processed meats.

In an interview with Business Insider, Dr. Adams admitted he is not particularly fond of vegetables but uses this method to ensure he incorporates them into his diet. "Smoothies are a way I accomplish this," he stated, emphasizing that the flavors of the fruits mask the taste of spinach.

Studies, including one from 2021, have shown that eating five or more servings of fruits and vegetables daily is linked to a decreased risk of death from heart and respiratory diseases. Increasing fruit and vegetable intake can also aid in weight management and improve digestive health and inflammation, contributing to a longer lifespan.

Dr. Adams typically consumes his smoothie either before leaving home or immediately upon returning, opting to blend the ingredients for a quick nutritional boost. He omits yogurt due to lactose intolerance but notes that others may include it for added texture and flavor.

During his tenure as Surgeon General, Dr. Adams focused on addressing the opioid crisis and mental illness. However, his efforts were redirected toward managing the COVID-19 pandemic in 2020. He was later asked to step down by the Biden administration in January 2021.

Dr. Adams has previously commented on President Trump's health, expressing in a March 2020 interview that the then-President appeared healthier than himself, despite his own commitment to healthier dietary practices.