"build a better salad"

CHOOSE MORE OFTEN	**CHOOSE LESS OFTEN**

Salad Base – choose 1-2

Dark leafy greens like kale or spinach or spring mix
(the darker the lettuce, the richer it is in micronutrients like Vitamin C and antioxidants)

Pale lettuce greens such as iceburg or cabbage
(the lighter the lettuce, the more it is likely to be packed with water and carry less nutrients)

Veggies (cooked or raw) – choose 2-3

Non-starchy vegetables in a variety of color and textures to enhance the vitamins, increase fiber and taste
(red, orange and yellow vegetables such as peppers, tomatoes and carrots all are rich in Vitamin C, while broccoli, cucumbers and celery add crunch and increase fiber.

Use starchy vegetables sparingly
(vegetables like peas, corn and roasted sweet potatoes are processed as starch - enjoy them, but in moderation)

Fruit – choose 1-2

Freshen a salad with real, whole fruit such as apples, berries or grapes
(these add a sweet flavor without overdoing - curbs the sweet tooth)

Dried fruits such as craisins, raisins or dried berries
(dried fruits tend to be much higher in sugar than whole fruits - a little goes a long way)

Protein – choose 1-2

Opt for plant based proteins such as tofu, quinoa or beans or go for lean meats such as eggs, grilled fish, chicken or turkey
(plant based proteins are full of fiber and protein without any cholesterol or saturated fat. Lean meats such as grilled fish, chicken or turkey

Choose less meats high in saturated fat such as bacon, beef, ham or crispy chicken
(these proteins contain more fat that can be harmful to your heart)

Enhancers – choose 1-2

Nuts, low fat cheese, and seeds
(these enhancers provide texture, a some protein and either low saturated fat or the benefits of unsaturated fats which help signal to your brain that you are satisfied

Go easy on full fat cheese, croutons, wonton and tortilla strips(these foods add extra calories and sodium without added nutrient benefits)

Choose olive oil and vinegar based dressings for heart healthy fats

Limit cream-based such as Ranch and Thousand Island