

The Dietitian Defines SALAD

SALAD IS MADE OF VEGETABLES

Start off with a base of dark, green lettuces. At under 10 calories per cup, there is no limit to how much lettuce you can use. Top with non-starchy vegetables, using a variety of color to increase nutrition and interest. Although a refreshing addition to salad, fresh fruit adds 60 calories for ½ cup so limit any fruit to not more than one ½ cup serving.



ADD A LEAN PROTEIN

Top the veggies with a protein to give the salad staying power. Just 2 ounces of a non-fried, lean choice adds about 100 calories and 15 g protein.



USE DRESSING SPARINGLY

Regular dressing is a whopping 50 calories per tablespoon and can quickly give your salad the fat content of a Quarter pounder with cheese. Control your portion by using a salad spritzer or measuring spoon. Or put your salad in a zip lock back, add one tablespoon of measured light salad dressing and shake, shake, shake to evenly distribute the dressing.



Watch Out!

For the salad toppings that add concentrated doses of fat and/or calories: fried meats, bacon or bacon bits, regular cheese, nuts (pecans, walnuts, almonds), seeds (sunflower, pumpkin), olives, avocado, dried fruit (raisins, raisins), crunchy noodles, croutons, olive oil and regular salad dressing



Remember, when a dietitian says *salad*, she's thinking *vegetables*

Toss Together a Sensational Salad

Start with 2 cups of lettuce

Romaine lettuce
Boston Bibb lettuce
Arugula
Spinach
Green leaf or Red Leaf lettuce

Toss in >3 colorful veggies

Artichoke Hearts	Green Onions
Bean Sprouts	Mushrooms
Beets	Onions
Bell Peppers	Radishes
Broccoli	Summer Squash
Carrots	Tomatoes
Cauliflower	Water
Celery	Chestnuts
Cucumbers	Zucchini

Add up to ½ cup fresh fruit

Chopped Granny smith or red apple
Mandarin oranges (canned in juice)
Sliced strawberries or grape halves

Add 2 oz lean protein

Hardboiled egg (ditch the yolk to save calories)
Chicken, tuna or salmon from the can (canned in water)
Beans (garbanzo beans, kidney beans or black beans)
Grilled chicken or shrimp
Fat-free cheese
Sliced deli turkey or chicken

Season lightly with dressing

Squirt with fresh squeezed lemon
Sprinkle with balsamic vinegar, rice wine vinegar or red wine vinegar
Spritz with 10 sprays of Wish-bone salad spritzers or Ken's Light Accents
or Mix 16 oz of plain Greek yogurt with 1 packet of Hidden Valley Ranch dip mix and thin with milk to dress your salad