

“KEEP IT SAFE,  
KEEP IT HEALTHY!”

SALADS ARE  
AN EASY,  
EVERYDAY  
GO-TO  
MEAL, AND  
CAN BE  
PACKED  
WITH HIGH  
QUALITY  
NUTRITION!

KICKOFF  
THE FALL  
SEASON  
WITH A  
HEALTHIER  
START.  
MAKING  
HEALTHY  
DECISIONS  
WILL  
DEVELOP  
INTO GOOD  
HABITS  
THAT WILL  
FOLLOW  
YOU THE  
REST OF  
YOUR LIFE.  
SO, GO FOR  
THE  
HEALTHY  
SALAD AND  
SKIP THE  
PIZZA!

# KEEP SALADS HEALTHY!

## SAFE ZONE

Salads can be very nutritious meals if prepared correctly. To the right are a few tips on how to keep your salads safely in the healthy zone!

- Choose meats that are **GRILLED** or **BAKED**
- Spinach is more nutrient dense than cabbage or lettuce
- At restaurants—ask for dressing on the side, and limit to about 1 1/2 Tbsp.
- Choose a vinaigrette dressing instead of ranch or other “creamy” dressings
- Go for color—load up on veggies!
- Add nuts & avocados, but go overboard!
- Vegetable suggestions: beets, bell peppers, carrots, cucumbers, onions, peas, broccoli, cauliflower, mushrooms, tomatoes

## DANGER ZONE

To many peoples surprise, salads can very easily become unhealthy. The list to the right will make your salad fall into a dangerously high calorie or unhealthy salad.

- Fried or “crispy” meats
- High calorie dressings: Ranch, Thousand Island, Honey Mustard
- More than 2 tablespoon of dressing per salad
- Croutons
- Chinese Noodles
- Candied Nuts
- Processed bacon bits