



# Top it for Health!

Did you know that eating salads can be an important part of a healthy diet? Salads can be a low-calorie, low-fat snack or meal. Salads are quick and easy to prepare, and when put together with the right ingredients, green salads can be a powerhouse of nutrition.

<b>Toppings to <b>LOAD</b> up on</b>	
<b>Ingredient</b>	<b>Average Calories</b>
Apple, ½ cup, sliced	30
Berries, ½ cup	40
Black olives, 2T	19
Broccoli, 1/3 cup	6
Carrot, 2T, grated	6
Cauliflower, 1/3 cup	8
Chopped egg, 2T	26
Cucumber, 6 slices	2
Garbanzo beans, 2T	34
Green pepper, 2T	3
Kidney beans, 2T	28
Melon pieces, 1/3 cup	18
Mushrooms, 2T	2
Peas, 2T	16
Pineapple, 1/3 cup	25
Tomato, ½ whole	12

  

<b>Toppings to <b>AVOID</b> or limit</b>	
<b>Ingredient</b>	<b>Average Calories</b>
Bacon Bits, 2T	61
Cheddar cheese, 2T	57
Chicken, 1/3 cup, roasted	68
Coleslaw, 1/3 cup	67
Crab meat, 1/3 cup	46
Croutons, 2T	22
Macaroni salad, 1/3 cup	20
Parmesan cheese, 2T	46



# Dress for Success!

Salad dressings often get a bad rap because they can significantly increase the fat and calorie content of an otherwise low calorie meal. If you choose regular salad dressing, limit the amount used on your salad to 2 tablespoons, which will add roughly 150 calories. Using low-fat or fat-free dressings can help curb the calories, but you still need to pay attention to serving size.

## Dressings to **USE**

Dressings (2 tablespoons)	Calories
French, low-calorie	44
Italian, low-calorie	32
Lemon or lime juice	10
Mayonnaise, imitation	29
Ranch, low-calorie	49
Vinegar	10
Yogurt, low-fat fruit	25
Yogurt, non-fat plain	13

## Dressing to **AVOID**

Dressings (2 tablespoons)	Calories
Blue cheese	154
French	134
Italian	137
Mayonnaise, regular	198
Ranch	142



## Dress for Success Tips

- Too much dressing defeats the purpose of a low-fat salad.
- Try using only 2 tablespoons of dressing, or choose reduced calorie dressing.
- Fruit juice, flavored vinegars, and herbs add zest to your salad without adding fat or calories.
- For a guilt-free creamy dressing, use low-fat yogurt and add reduced calorie mayonnaise to thicken it.
- For a tangy fruit salad topping, try non-fat or low-fat yogurt like vanilla or lemon.