

May 2021

MAY – National Salad month

Salads are a great way to pack some green & veggies into your meal! However, some salads can bulk up in calories and fats from the different toppings.

Savvy Salad Tips:

Start with some green! The darker the leaves, the more nutrients you'll get. Try adding some spinach or kale

The more color the better! Add in other colorful veggies like tomatoes, cucumbers, cauliflower, & celery.

Get lean with protein! Always have protein on your salad to keep you feeling fuller, longer. Try adding grilled chicken, tuna, boiled eggs, beans, or cottage cheese.

Careful with toppings – nuts, seeds, bacon bits, croutons, dried fruit & other toppings can all add flavor but use them sparingly since they can add up quick in calories and fat.

Dressing on the side. Try putting your salad dressing in a side container and dipping your fork in the dressing to save 100-200 calories!