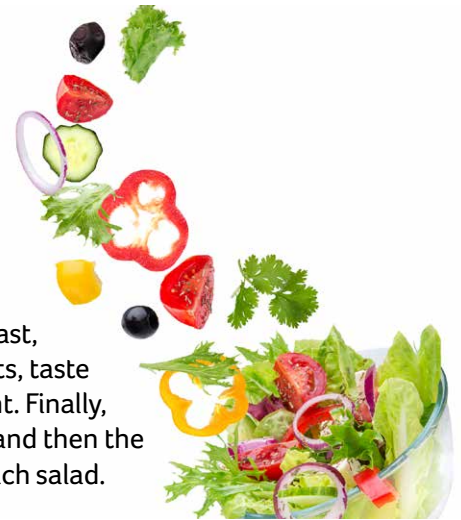


HEALTHFUL TIPS

Build a Better Salad

Salads make a delicious and nutritious summer meal. Keep your favorite ingredients on hand and then combine to boost protein and nutrients. Monitor fat and calories so your salad is light and nutritious.

Start with a small bed of dark leafy greens. Top with lean protein like chicken breast, shrimp, tuna, or trimmed steak. Jazz it up with crunchy vegetables full of nutrients, taste and fiber. Top with a smidge of your favorite yummy, yet calorie-dense, ingredient. Finally, carefully top off your creation with dressing — dip your fork first in the dressing and then the salad to flavor with a lesser amount. Get creative and explore new flavors with each salad.



START WITH GREENS	ADD PROTEIN	ADD CRUNCH	TASTY EXTRAS	LIGHTLY DRESS
Spinach , ½ cup = 4 cal, 1400 IU Vit A	Chicken breast , skinless, 3 oz = 20 g protein, 100 cal	Peppers (red, green, yellow, or orange), 2 T = 6 cal	Cheddar , shredded, 2 Tbsp = 55 cal	Ranch, 4 T = 272 cal
Romaine , ½ cup = 4 cal, 2050 IU Vit A	Turkey breast , skinless, 3 oz = 26 g protein, 115 cal	Cucumbers , 2 T = 2 cal	Parmesan , grated, 2 Tbsp = 45 cal	Light Ranch , 4 T = 60 cal
Kale , ½ cup = 17 cal, 5015 IU Vit A	Salmon , grilled, 3 oz = 19 g protein, 175 cal	Shredded carrots , 2T = 7 cal	Feta , crumbled, 2 Tbsp = 50 cal	
Mixed spring greens , ½ cup = 5 cal, 1125 IU vit A	Whole egg , 2 = 13 g protein, 160 cal	Onions , 2 T = 8 cal	Walnuts , chopped, 1 Tbsp = 50 cal	Italian , 4 T = 160 cal
Baby arugula , ½ cup = 5 cal, 500 IU Vit A	Egg whites , 4 = 14 g protein, 65 cal	Mushrooms , 2 T = 2 cal	Almonds , sliced, 2 Tbsp = 65 cal	Light Italian , 4 T = 112 cal
Iceberg , ½ cup = 5 cal, 175 IU Vit A	Chunk light tuna , water-packed, 3 oz = 22 g protein, 100 cal	Radish , 2 T = 3 cal	Sunflower seeds , 1 Tbsp = 45 cal	Bleu Cheese , 4 T = 266 cal
Beet greens , ½ cup = 4 cal, 1200 IU Vit A	Sirloin steak , broiled, lean only, 3 oz = 26 g protein, 160 cal	Broccoli , 2 T = 4 cal	Pumpkin seeds , 1 Tbsp = 45 cal	Light Bleu Cheese , 4 T = 134 cal
Cabbage , ½ cup = 11 cal, 16.2 mg Vit C	Tofu , ½ cup cubes = 20 g protein, 180 cal	Cauliflower , 2 T = 3 cal	Avocado , 1 oz = 45 cal	Caesar , 4 T = 304 cal
Escarole , ½ cup = 5 cal, 550 Vit A	Chickpeas , 1/2 cup = 7 g protein, 133 cal (and 6 g fiber)	Snap peas , 2 T = 5 cal	Olives , canned in water, 10 small = 40 cal	Light Caesar , 4 T = 62 calories