

National Salad Week

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National Salad Week falls on the last week of July. Any way you toss it, a salad is an easy and tasty way to pack more nutrition and color into your day!



Tips for Building Nutritious Salads:

Greens: Start with a solid base. Remember, the darker the green, the more nutrients it has! So try out some baby spinach, romaine, or mixed greens in place of iceberg lettuce.

Toppings: Take advantage of all the fresh, seasonal produce available during the summer. Choosing a variety of colors will also increase the health benefits! Add some red bell peppers, carrots, corn, broccoli, cucumbers or purple onions. You can even add fruits such as strawberries, apples, mandarin oranges, blueberries or grapes!

Protein: Your salad becomes a meal when you add protein! Select lean choices of meat such as skinless chicken or turkey breast, tuna, salmon, or lean sirloin steak. In the spirit of summer, why not try grilling these options! Additional sources of protein include tofu, chickpeas, kidney beans, or other legumes.

Extras: Top off your salad with a few extras to bring your salad to the next level! 2 tablespoons of cheese, 1 tablespoon of chopped nuts, 1 tablespoon of sunflower or pumpkin seeds, 1 ounce of avocado, 1/4 cup of croutons or 2 tablespoons of dried cranberries or raisins. While some of these extras are packed with nutrients, they're also packed with calories and fat, so use these sparingly.

Dressing: Keep it light by limiting the amount of salad dressing to about 1 tablespoon per 1½ - 2 cups of greens. Choose light, low-calorie, or low-fat options over creamy dressings whenever possible. If ordering out, ask for dressing on the side. You can even make your own!

So fill up, not out, on fruits and vegetables this July! Check out your Farmers Market for fresh, locally grown produce and enjoy a delicious salad on a hot summer's night!