



# Build a better salad

Tips to help you navigate the salad bar like a health food pro!

## Go for these:

- **Almonds** - a tablespoon is rich in fiber, protein and healthy fat to keep you full
- **Lean protein** - a portion of salmon, about the size of your palm, contains omega-3 fatty acids to help prevent heart disease and boost brain power
- **Avocado** - the monounsaturated fat in avocado helps slim your waist
- **Spring Mix or Spinach** - the darker the leaves, the more vitamins and minerals
- **Soy beans** - pre-cooked edamame may protect your heart, lower your cancer risk
- **Extra veggies** - load up on nutrient-rich picks like peppers, onions, carrots, mushrooms and tomatoes
- **DIY dressing** - 1/2 cup olive or walnut oil + 1/4 cup balsamic vinegar + chopped parsley or thyme is tasty and healthy



## Avoid these:

- Iceberg lettuce
- Bacon bits
- Candied walnuts and sugared almonds
- Buttery croutons
- Fried anything
- Excess cheese
- Creamy dressings