

Salad Smarts

Why do Americans choose SALADS as one of their favorite foods?

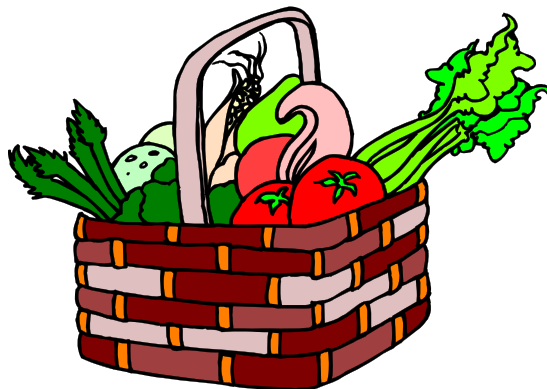
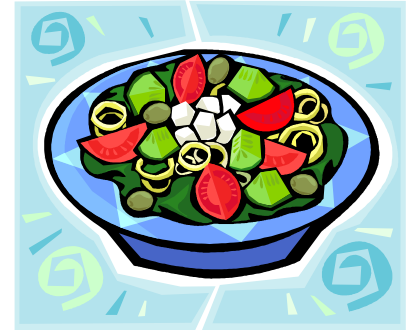
- ✓ Convenience
- ✓ Variety
- ✓ Nutrition

WHY DO WE LIKE SALAD?

They are nutritious, refreshing & flavorful. Most fruit salads are high in vitamins A & C as well as fiber.

The dark leafy greens are high in Vitamin A also. Some dark greens like spinach are also rich in iron & other nutrients.

If you make wise choices, salads can be low in FAT & high in NUTRIENTS. BUILDING a low-calorie salad means making the RIGHT CHOICES.



Some of the low calorie good choices include:

- ♥ Beets
- ♥ Broccoli
- ♥ Carrots
- ♥ Cauliflower
- ♥ Fresh fruits
- ♥ Fruits, canned in light syrup
- ♥ Green Peppers
- ♥ Radishes

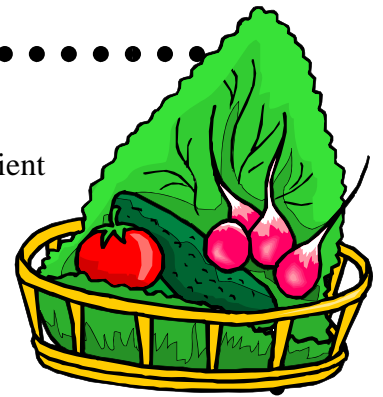
Some helpful tips to remember:

- ✓ If you are watching your fat & calories, be sure to watch what you pile on the greens!
- ✓ Avoid high fat salad dressings. They can add extra calories & fat. Did you realize the standard restaurant dipper holds 4 tablespoons of dressing? Compare regular Italian dressing with low-calorie Italian. (The difference in fat per tablespoon is 70 to 16, so check the low calorie option.)
- ✓ Salads can be sprinkled with a spicy vinegar or some unsweetened fruit juice & avoid using dressing at all.
- ✓ Adding a healthy crunch to a salad is hard. You can do it if you select only 2 tablespoons of Chinese noodles which have about .7 grams of fat. But croutons, sunflower seeds & other nuts can boost the fat up quickly.
- ✓ Choose wisely the prepared salads. They can be high in calories & total fat.

From the Bottom Up

Salad greens are the foundation of most salads. Greens are the main ingredient of a tossed salad, but also can be used as the base for many other salads.

Greens make a pleasing background for other flavors, & add color & texture to the mixture. Each type of salad green has a distinct flavor, color, shape & texture. A combination of greens provides an interesting flavor & appearance.



The following greens are available in most grocery produce departments or can be grown at home:

- Escarole has dark-green leaves with a yellow edge & has a mild flavor.
- Curly endive or chicory is dark green with a lacy texture & a tangy flavor.
- Fresh tender spinach has dark green leaves. It adds flavor & plenty of nutrients to the salad.
- Bibb, Boston or Butterhead lettuces have sweet, deep-green leaves. They are used when extremely tender & the leaves frequently are left whole.
- Romaine lettuce has a long head with very crisp leaves. It has a sharp, nutty flavor.
- Loose-leaf lettuce has a light green color, a crisp tender curly leaf & a delicate flavor.
- Iceberg or crisphead lettuce has a compact head with tightly packed leaves & a mild flavor. It is the most popular but least nutritious green.
- Turnip greens have a stronger flavor. These greens are more nutritious than the root vegetable.
- Watercress is a pungent member of the cabbage family. It adds flavor & texture to salads.

