

Building a Balanced Salad

Have you ever felt hungry after eating a salad? If so, then it is likely it did not contain all of the necessary ingredients. A balanced salad will contain all of the filling macronutrients: protein, carbohydrate, and fat. With all of the essential nutrients, a balanced salad will leave you feeling full and satisfied.



Directions

- ✦ **Step 1:** Choose at least one leafy green
- ✦ **Step 2:** Choose a protein
- ✦ **Step 3:** Choose two or three fruits or vegetables
- ✦ **Step 4:** Choose a fat - aim for heart-healthy fats
- ✦ **Step 5:** Choose a reduced fat dressing or make your own!

Base

Romaine Lettuce	Spinach	Chard
Iceberg Lettuce	Arugula	Kale
Broccoli Slaw	Cabbage	Collards

Protein

Chicken	Steak	Tofu
Tuna	Eggs	Quinoa
Salmon	Beans	Chickpeas

Fruit/Veg

Apple	Carrots	Berries
Bell Pepper	Cucumber	Dried Fruit
Brussels Sprouts	Peaches	Tomatoes

Healthy Fats

Nuts	Low-Fat Cheese
Seeds	Olives
Avocado	Olive Oil

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