





Building a Healthy Salad



Healthiest

SELECT MORE Green ingredients:

-  Greens - the greener the better
-  Whole or sliced fruits and vegetables
-  Fruits packed in juice or water
-  Dried/dehydrated fruit





DAILY Fruit and Vegetable Intake Recommendations

Females: 3 1/2 Cups to 4 1/2 Cups
Males: 4 1/2 Cups to 5 Cups

Visit ChooseMyPlate.gov for more information.

Healthy

SELECT FEWER Yellow ingredients due to fat/sodium/sugar content:

-  Lean meats such as grilled chicken breast, grilled fish, seafood (except mayonnaise-based), turkey breast, roast beef or ham
-  Canned beans/vegetables

Not as Healthy

SELECT NO MORE than **2 Red** ingredients due to high fat/sodium/sugar content:

Avocado	Cheese	Crispy noodles	Olives	Pepperoni	Eggs
Guacamole	Sour cream	Tortilla strips	Pesto	Salami	Other high-fat lunch meat
Bacon	Croutons	Nuts	Sausage	Bologna	

Salad Dressing

Low-fat and fat-free dressing = **Yellow**



Regular dressing = **Red**