

# Tips for Building a Healthy Salad



While a salad sounds healthy, with the wrong ingredients, it may not be. To ensure it is still low in calories and fat, here are some useful tips:

- 1 Start with dark green lettuces,** such as romaine and spinach, not just iceberg.
- 2 Top it with some color.** Include a variety of fresh and colorful vegetables, such as bell peppers, carrots, and snap peas.
- 3 Add Protein.** This could be grilled chicken, tuna, salmon, or tofu.
- 4 Go easy on the extras.** Only add cheeses, nuts, and dried fruits in moderation and avoid croutons, bacon, salami, or anything fried. These additional items tend to be high in calories.
- 5 Dress lightly!** The biggest mistake one can make is choosing the wrong dressing or adding too much. Just one tablespoon of ranch or french dressing can equal almost 100 calories. The best approach is to select the lighter dressing options and get it on the side.

Find more healthy tips at [HealthyKansasHospitals.org](https://www.healthykansas.com)