



American Heart Association.

Healthy for Good™

BUILD A HEALTHIER SALAD

When you hear “salad,” you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

GRAINS

Adding cooked whole grains to your salad is a satisfying way to feel full longer! Try whole wheat couscous or pasta, barley, quinoa, or wild rice!

VEGGIES

Vegetables can add crunch and flavor to any salad! Try raw carrots, cucumbers, or broccoli. Roasted beets, potatoes, and squash add a little bit of sweetness.

PROTEINS

Adding protein to your salad will you feeling fuller longer. Try grilled chicken, salmon, tuna, a hard-boiled egg, or a small amount of cheese! Beans and unsalted nuts are other great options!

DRESSINGS

Make your own healthy dressing with oil, vinegar, and spices from your pantry! Jazz it up with fresh herbs, citrus juice, onions, garlic, or scallions. Taste-test as you add small amounts of ingredients until you find what you love!

QUICK TIPS

Choose lower-fat, lower-sodium cheeses such as mozzarella or swiss. Add canned and frozen produce with little salt and added sugar. When adding ingredients, choose options low in sugar, fat, and sodium. Frozen and canned ingredients work great.

FRUIT

Add sliced fresh or dried fruit – choose a rainbow of colors. Pears, apples, and berries are all super salad ingredients!

GREENS

Choose dark, leafy greens such as romaine, spinach, or arugula. You can also add fresh herbs such as basil, thyme, oregano, or mint for a zesty flavor and extra nutrients!



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