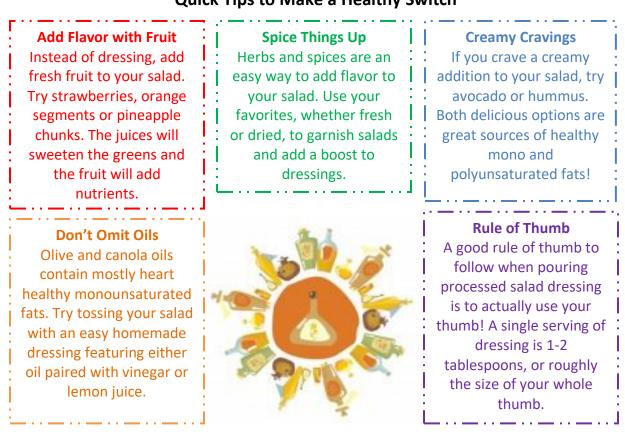


A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Dressing Up Your Salad

Caesar®, Creamy Ranch® and Thousand Island® would make anyone want to eat more leafy greens, but be mindful. Many of these salad dressings are loaded with calories and saturated fat and can quickly transform a normally healthy meal into a calorie dense disaster. To avoid this, try using the tips below to learn more about how to dress your salad in a lighter way.



Quick Tips to Make a Healthy Switch

Try the Honeymoon Salad: Lettuce Alone with No Dressing

Revised by: Taylor Viana Reviewed By: Dr. Peggy Policastro, RDN References: Build a Healthy Salad. Available at: https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/healthy-salads Accessed on: 9/28/2020 Controlling Portion Sizes. Available at: https://my.clevelandclinic.org/health/articles/9436-controlling-portion-sizes Accessed on: 9/28/20



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