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

- **Add Flavor with Fruit**
  Instead of dressing, add fresh fruit to your salad. Try strawberries, orange segments or pineapple chunks. The juices will sweeten the greens and the fruit will add nutrients.

- **Spice Things Up**
  Herbs and spices are an easy way to add flavor to your salad. Use your favorites, whether fresh or dried, to garnish salads and add a boost to dressings.

- **Creamy Cravings**
  If you crave a creamy addition to your salad, try avocado or hummus. Both delicious options are great sources of healthy mono and polyunsaturated fats!

- **Rule of Thumb**
  A good rule of thumb to follow when pouring processed salad dressing is to actually use your thumb! A single serving of dressing is 1-2 tablespoons, or roughly the size of your whole thumb.

- **Don’t Omit Oils**
  Olive and canola oils contain mostly heart healthy monounsaturated fats. Try tossing your salad with an easy homemade dressing featuring either oil paired with vinegar or lemon juice.

- **Add the Honeymoon Salad: Lettuce Alone with No Dressing**

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.