



# EATING 101

## RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

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

#### 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!

#### 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.



#### 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.

*Try the Honeymoon Salad: Lettuce Alone with No Dressing*

Revised by: Taylor Viana

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

Reviewed By: Dr. Peggy Policastro, RDN

**RUTGERS**  
Student Affairs

Dining Services

 / @rutgersdining  
[food.rutgers.edu](http://food.rutgers.edu)