



# 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

Let us toss around salad ideas. Salads are a tasty and easy way to incorporate a variety of fruits and vegetables into your diet. Caesar, creamy ranch, and Thousand Island dressings pair well with leafy greens, making you want to *say yes to the dress-ings*. However, it is important to be mindful that processed salad dressings are often calorie dense and high in saturated fat, sodium, and sugar. Instead of only relying on bottled dressings for flavor, *lettuce* help you enhance your salads using the tips below.

#### Tips to Enhance Your Salad

##### Add Flavor with Fruit

Try adding fresh fruit, like strawberries, orange segments or pineapple chunks, to your salad for extra color and flavor. The fruit will help sweeten the greens as well as add nutrients.

##### Rule of Thumb

A good rule to follow when pouring salad dressing is to use your thumb! The tip of your thumb to the first joint is about 1 tablespoon, and a single serving of dressing is 1-2 tablespoons.

##### Creamy Cravings

If you crave a creamy addition to your salad, try incorporating avocado or hummus. Both are great sources of healthy mono and polyunsaturated fats and various vitamins and minerals.

##### Do Not Omit Oils

Olive and canola oils contain mostly heart healthy monounsaturated fats. Try tossing your salad in the dining hall with one of these oils paired with vinegar or lemon juice.



##### Create a Crunch

Adding nuts and seeds to your salad can help satisfy your crunchy cravings. Both nuts and seeds give your salad extra crunch, healthy fats, and fiber.

##### Spice Things Up

Herbs and spices are an effective way to add flavor to your salad. Try the oregano, red pepper flakes, and garlic powder found at the dining hall pizza station to garnish salads and add a boost to dressings.

*Sprucing up your salad is unbe-leaf-ably easy!*

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References: *Build a Healthy Salad*. Available at: <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/healthy-salads> Accessed on: 3/23/23. *Is your salad dressing hurting your healthy diet?* Available at: <https://www.health.harvard.edu/blood-pressure/is-your-salad-dressing-hurting-your-healthy-diet> Accessed on: 3/23/23. *Controlling Portion Sizes*. Available at: <https://my.clevelandclinic.org/health/articles/9436-controlling-portion-sizes> Accessed on: 3/23/23.

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