



American Heart Association®

Healthy for Good™

BUILD A HEALTHIER SALAD



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, jicama, snow peas, cucumbers, cabbage, radish or broccoli. Roasted beets, potatoes, corn and squash add a little bit of sweetness.



PROTEINS

Adding protein to your salad will keep you feeling fuller longer. Try grilled chicken, canned salmon or tuna, a hard-boiled egg, or a small amount of low-fat cheese, such as mozzarella or Swiss. Beans and unsalted nuts are other great options.

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 and healthy meal.



FRUIT

Fruits are all super salad ingredients. Choose a rainbow of colors. Add citrus fruits, berries and sliced pears, apples and mango. Add no-sugar-added canned or frozen fruits. Before adding them, pat them dry to help your greens stay crisp. Try no-sugar-added dried fruits, too.



GREENS

Choose dark, leafy greens such as romaine, spinach, kale, chard or arugula. You also can add fresh herbs such as basil, thyme, oregano or mint for zesty flavor.



DRESSINGS

Make your own healthy dressing with nontropical vegetable oil, vinegar and spices from your pantry. Jazz it up with fresh herbs, citrus juice, onions, garlic or scallions. Experiment with a variety of ingredients until you find what you love.

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