

Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

Color Your Plate with Salad

Pack more nutrition into your day with a colorful main dish or side salad. Keep basic ingredients on hand for a quick addition to any meal.

Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations. Or, let them choose individual items with salad dressing as a dip.

Mix and match ingredients by choosing one or more foods from each column below. Consider flavor, texture and color. Add a light salad dressing and enjoy!

Start with Leafy Greens

- Arugula
- Boston or Bibb lettuce
- Escarole
- Green or Red leaf lettuce
- Iceberg lettuce
- Mixed greens
- Napa Cabbage
- Radicchio
- Romaine
- Spinach



Select from Vegetables, Fruits and Beans

(Chopped, diced, shredded, sliced or whole)

Vegetables

- Artichoke hearts
- Bean sprouts
- Beets
- Bell pepper
- Bok choy
- Broccoli or cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Onion (red or sweet)
- Peas
- Radishes
- Sugar Snap Peas
- Tomatoes
- Water chestnuts
- Zucchini

Fruits

- Dried cranberries or apricots
- Apple
- Blueberries
- Grapes
- Mandarin oranges
- Melon
- Pear
- Raisins
- Strawberries

Beans

- Black beans
- Chickpeas
- Edamame (soybeans)
- Kidney or red beans
- Navy or white beans

Sprinkle on Extras

Cheese

- Blue cheese
- Cheddar
- Feta
- Mozzarella
- Parmesan

Nuts

- Almonds
- Cashews
- Peanuts
- Pecans
- Walnuts

Other

- Avocado
- Bacon bits
- Chow mein noodles
- Croutons
- Olives
- Sunflower seeds

For a Main Dish Salad

- Beef
- Chicken
- Ham
- Hard-cooked egg
- Salmon
- Shrimp
- Tofu
- Tuna
- Turkey

Suggested combinations:

- Romaine, grape tomatoes, cucumber, carrots, avocado and shrimp
- Mixed greens, chicken strips, melon, walnuts and feta cheese
- Spinach, red onion, mandarin oranges and sliced almonds

What's your favorite salad combination?

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by American Dietetic Association staff registered dietitians.