HOW TO BUILD A BETTER SALAD

1. START OFF STRONG
   - Use a dark green leafy green as a base for your salad. Leaves with veins are more nutritious than leaves without veins. 
   - Try kale or baby spinach and kale mix or arugula.

2. ADD SOME CRUNCH
   - Add at least one crunchy ingredient. 
   - Green onions, radishes, celery, carrots, cucumbers, bell peppers, broccoli, or cauliflower are all options.
   - Sprinkle some crunchy seeds, such as sunflower, pumpkin, or chia, on top of your salad.

3. GIVE IT COLOR
   - Every rainbow of colors has many valuable nutrients! Try to include one element of every color in your salad.
   - Common color options include greens, orange and orange-yellow (vitamins C, B1, B2 and vitamin E, healthy fat), red and pink (vitamin C, A and B6, iron), purple and blue (vitamin A and C, iron), and yellow (vitamin C, folic acid, potassium).

4. PUNCH UP THE PROTEIN
   - Protein is essential for any diet and is important for muscle building. 
   - Add lean protein sources such as grilled chicken, turkey, or tuna. 
   - Use hard-boiled eggs, cheese, or chickpeas to help build up protein in your salad.

5. FRESHEN WITH FRUIT
   - Add seasonal fresh fruit, such as berries or apple slices, to your salad. 
   - Greek olives, beets, tomatoes, carrots or celery will bring different textures and flavors to your salad.
   - Dried cranberries, blueberries, cherries, dates and raisins can also add a sweet note to your meal.

6. FOLD IN LEFTOVERS
   - Fold in leftovers such as cooked chicken, beans or fish to add bulk and flavor.
   - Beers, cheeses, or avocado slices can be additional protein options.

7. CONSULT THE CUPBOARD
   - Add some choice items from your pantry such as tomatoes, black beans, or lentils.
   - Edamame or peas can be a protein source as well.

8. DRESS IT WELL
   - Dressing is an important part of any salad. Choose a healthy dressing style.
   - Olive oil and lemon juice or lime juice are great choices. 
   - Don't limit yourself to green salads.

Here are 8 tips for building a healthier salad:


For more information, please visit clevelandclinic.org/HealthHub

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Our Expert: