

How to Create a Super Salad

Food Group	Super Salad Suggestions	Food Group	Super Salad Suggestions
Fruit	Sliced Strawberries Blueberries Watermelon Chunks Apples Pears Raisins Currants Clementine Wedges	Protein	Chicken Turkey Steak Shrimp Chickpeas Edamame Silvered Almonds Sunflower Seeds
Vegetables	Spinach Boston Lettuce Squash Baby Eggplant Kale Shredded Brussels Sprouts Broccoli Florets Sweet Potato Peas Corn	Dairy	Shredded Cheese Feta Crumbled Bleu Cheese
Grains	Whole Grain Croutons Quinoa Brown Rice	Healthy Fats	Olives Avocado Olive Oil Peanut Oil

The 2015-2020 edition of the Dietary Guidelines for Americans recommends that the average person consume 2 cup equivalents of fruit per day and 2 ½ cup equivalents of vegetables per day. That may seem like a pile of produce, but there is a simple way to add fruits and vegetables into your eating patterns to maintain a healthy lifestyle.

The Super Salad is an easy way to incorporate multiple portions of produce, and it also has the ability to include all of the food groups – making the Super Salad the perfect nutrient-dense meal or snack.

There are an infinite number of flavor combinations, so no two salads ever have to be the same.

To start, choose a leafy green such as baby spinach, romaine or butter lettuce as your base, then add your favorite vegetables – think carrots, tomatoes, peppers, and cucumbers. From there, the possibilities are endless! Check out the handy chart above to help you build your perfect Super Salad.

By Beth Rosen, MS, RD, CDN

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