


Healthy Eating for Elders: Salad Suggestions¹


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Salads are quick and easy to make and have endless possibilities! Paired with whole grain crackers or bread, salads make healthy and convenient meals. Try some of these ideas for your next salad.


-  Choose colorful varieties of lettuce such as romaine, red leaf, or green leaf lettuce. These have more nutrients than iceberg lettuce.





-  Layer tomato slices on lettuce. Top with low-fat cottage cheese.

-  Add protein to your salad with cubed cheese, chopped hard-cooked eggs, or canned meat.





-  Make a salad from canned vegetables by mixing two or more chilled vegetables such as carrots, beets, or green beans.

-  Mix vegetables and fruits for unusual combinations. Try apple slices or mandarin oranges on spinach leaves.

-  Fill peach or pear halves with low-fat cottage cheese or yogurt. Garnish with chopped nuts.






-  Add canned beans to your salad. Experiment with kidney, lima, green beans, or chickpeas (garbanzos).



Go easy on high-fat, high-calorie dressings. Instead, buy low-fat dressings or make your own from lemon juice, lime juice, or vinegar and vegetable oil.

Produce Pointers

-  Don't wash produce until you are ready to use it—it will stay fresh longer.
-  Freeze left-over chopped peppers, mushrooms, and onions for later use.
-  If possible, shop with a friend and share a head of lettuce or a melon.

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