



# Anatomy of a Salad

Essential nutrients are vital for disease prevention, growth, and good health. A healthy salad is an easy way to get these essential nutrients.



## Lettuce Base

Choose the lettuce type(s) of your choice. Mix a crunchy lettuce like romaine with softer lettuces like spring mix. Add some bite with arugula.

## Grains

Be daring and select a grain! Healthy grains include quinoa, brown rice, couscous and wild rice.



## Vegetables

Load up on all the vegetables! Try to select one color each from the rainbow.

## Fruit

Do you like a little sweet with your savory? Consider adding fruit to your salad. This can also include dried fruit such as raisins!



## Protein

Protein is an important addition if salad is your main meal. Protein consumption provides essential amino acids which are necessary for important body functions.

## Extras

This is the time to add all the fun stuff like nuts & seeds and dressings. For a quick and healthy dressing, try 3 parts of a flavored olive oil and 1 part flavored vinegar.

