



Keep Your Salads Healthy and Low in Fat

Many people have already started eating more salads. However, they often add items which reduce a salad's health benefits! Ingredients and toppings such as most regular type salad dressings, mayonnaise and oils contain fat and should be used sparingly. Croutons, olives, avocado, fried noodles, nuts and crumbled bacon are hidden sources of fat and should be limited. Remember to carefully choose your dressing and the amount you use.

Salad Ingredient	Serving Size	Calories
Salad Dressing (average)	2 T	150
Cheddar Cheese	1 oz	115
Parmesan Cheese (grated)	1 oz	23
Olives (green or black)	1	5-7 each
Croutons	1/4 cup	30
Sunflower Seeds	1 oz	165
Raisins	2/3 cup	300
Bacon Bits	1 T	30

On the other hand, salad ingredients like tomatoes and lettuce are very low in calories and fat!

Salad Ingredient	Serving Size	Calories
Lettuce (various)	1/2 cup	5
Sprouts	1/2 cup	10
Carrots	1/2 cup	30
Cabbage	1/2 cup	10
Cucumber	1/2 cup	10
Tomato	whole, med	25
Tomato, cherry	1 cup	30
Mushrooms	1/2 cup	10

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

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