

Build A Wise Salad

How to Build a Wise Salad:

1) Start with a Leafy Green Base

- Arugula
- Lettuce, mixed greens
- Spinach

2) Top with at least 2 other vegetables/fruits

- Asparagus, beets, broccoli, cabbage, carrots, cauliflower, celery, cucumber, mushrooms, onions, peppers, radish, snap peas, tomatoes
- Apple slices, blackberries, blueberries, figs, grapes, mango, pear, strawberries

3) Add Whole grain

- Brown rice, wild rice
- Bulgur
- Quinoa

4) Add Protein

- Salmon, tuna, chicken, egg
- Tofu, chickpeas, black beans
- Cheese, yogurt

5) Finish with healthy fat

- Olive oil, vinegar, herbs
- Avocado
- Nuts, seeds



How to Enhance a Salad for:

1) Diabetes

- Include adequate carbohydrate and spread throughout the day
- Include protein, fiber, and fat to slow rise in blood sugar

2) Heart Health

- Include fish at least 2 times per week
- Include nuts, seeds, beans - at least 5 per week
- Limit sodium to < 2,300 mg/day

3) Menopause

- Include adequate protein
- Include dairy
- Include estrogen-rich foods such as soy and flax

Resources:

Healthy Nutrition Information: myplate.gov

Center for Disease Control and Prevention, Diabetes Meal Planning: <https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>

National Heart, Lung, and Blood Institute: <https://www.nhlbi.nih.gov/education/dash-eating-plan>

Menopause: <https://health.clevelandclinic.org/menopause-diet/>