

BY RACHEL MELTZER WARREN, M.S., RDN





### Fall for Fat

Fat is not the enemy! In fact, pairing vegetables with a little fat (such as what you'll find in salad dressing) helps your body absorb valuable nutrients like lycopene and beta carotene, antioxidants that help keep arteries healthy. While limiting total fat can be a strategy to help limit calories, many low-fat or light dressings are not necessarily low-cal. When you look at fat on the Nutrition Facts label. focus on saturated fat rather than total fat. Limiting saturated fat may help lower your risk for heart disease.

# Get Smart About Sugar

High-fructose corn syrup, agave, honey, brown sugar, fruit juice, and plain old white table sugar are all types of sugar that can be found in salad dressings. Most salad dressings will have some form of sugar added, but fat-free salad dressings are often higher in sugar and carbohydrates than full-fat varieties. Check the Nutrition Facts label to see how many grams of sugar and carbos are in each serving.



#### STRAWBERRY SPINACH SALAD

Baby spinach + chopped red onion + sliced strawberries + diced avocado + toasted walnut pieces + vinaigrette 296 CAL / 27G CARB

### BUILD A BETTER SALAD

Aim to fill your plate with at least 2 to 3 cups of greens and ½ to 1 cup of other produce.

#### Shake Out Sodium

Salad dressings can be a surprisingly high source of sodium: we found dressings that packed as much as 360 mg into one serving. Looking at the Nutrition Facts label can help you keep sodium in check, which is especially important if you're limiting your sodium for heart health.

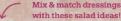
## Mind Your Serving

A typical portion of salad dressing is 2 tablespoons. Check the Nutrition Facts panel to confirm the serving size of your favorite dressingand then use a measuring spoon to see how your normal portion compares. If you're using more than 2 tablespoons, remember to account for the additional calories, sodium, and saturated fat.

## **Know Your** Numbers

Look for dressings that have the following per serving (2 tablespoons):

- ≤ 150 calories
- ≤ 5g carbohydrates
- ≤ 2.5g sat fat
- ≤ 180mg sodium





#### CHOPPED COBB SALAD

Romaine lettuce + chopped tomato + chopped cucumber + sliced mushrooms + sliced cooked chicken breast + chopped hard-boiled egg + cannellini beans + creamy dressing 410 CAL / 17G CARB





Newman's Own Organic Oil & Vinegar Dressing

Serving: 2 Tbsp. Cal 140, Carb 1g. Sat. Fat 2.5g. Sodium 135mg

VINAIGRETTE



**Bolthouse Farms** Chunky Blue Cheese Yogurt Dressing

Serving: 2 Tbsp. Cal 35, Carb 1q, Sat. Fat 1q, Sodium 135mg

CREAMY



Annie's Lite Raspberry Vinaigrette

Serving: 2 Tbsp. Cal 45, Carb 5g, Sat. Fat 0q. Sodium 55mg

FRUIT-BASED



Annie's Organic **Honey Mustard** Vinaigrette

Serving: 2 Tbsp. Cal 70, Carb 3g. Sat. Fat 0.5q, Sodium 170mg

FLAVORED