

Name: \_\_\_\_\_

## Salad Days

**Directions:** In “The Menu Maze” (page 12), nutrition expert Jana Kicklighter shares her suggestions for deciphering a menu’s hidden meanings and offers tips on healthy eating when you’re at a restaurant. She offers below suggestions for making good choices at the salad bar.

### Salad Bar Selection Tips

- Choose fresh, dark greens, such as spinach and romaine lettuce.
- Top with brightly colored fresh vegetables, such as tomatoes, mushrooms, carrots, cucumbers, peppers, radishes, broccoli, and beets.
- Add chickpeas and kidney beans.
- Drizzle with lemon juice, vinegar, or reduced-fat, low-calorie, or fat-free dressing.
- Select fresh fruit salads.
- Avoid high-fat salads with a lot of mayonnaise, such as chicken, egg, tuna, or pasta salads.
- Forgo the toppings, such as bacon bits, seasoned croutons, chopped egg, and grated processed cheese, which can add a lot of fat, calories, and sodium.

These same tips would apply to prepackaged salads. Check out a salad in your school cafeteria, or a restaurant near you, and evaluate it using these criteria:

1. Is the base of the salad iceberg lettuce or dark greens, such as spinach or romaine lettuce?

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2. What other vegetables or fruits does the salad include?

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3. Does the salad contain meat? If so, what kind, and how is it prepared?

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4. What other toppings does the salad have? How do they rate against the advice provided in the article and above?

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5. What kind of dressing does the salad have? Is it pre-dressed, or is dressing on the side? Are substitutions available?

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6. What other items, such as bread, come with the salad? How are they prepared?

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7. How healthy do you think this salad is? Give your explanation.

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