Next time you hit the salad bar, remember these tips to create a delicious and healthy salad!

1. Pick your base:
- Choose a lettuce base (or two or three!) that fits your flavor profile.
- Some lettuces, like romaine, are crisp and mild. Other greens like arugula are peppery and sharp.

7. Dress it Up:
- Finish your salad with a drizzle of dressing.
- Avoid fatty dressings like ranch or thousand island and reach instead for something light.
- Try olive oil with a squeeze of lemon for a light, refreshing dressing.
- Another option is fresh salsa.

6. Power Up with Protein:
- Add your protein to keep you feeling full longer.
- Opt for lean meats like chicken breast or tuna fish.
- If you’d rather go plant-based, try high-protein tofu or legumes such as kidney beans, chickpeas, or lentils.

5. Mix in some healthy extras:
- To give your salad some flavor, sprinkle on some sliced olives or throw in fresh herbs.
- Avoid a calorie overload by steering clear of candied nuts, croutons, or mounds of cheese.

4. Give it some crunch:
- A great way to add crunch is by adding a sprinkle of seeds.
- Try pumpkin seeds (pepitas) that are crammed with protein, fiber, and B vitamins.
- Water chestnuts and apple slices are other crunchy options that don’t pack on unwanted calories.

3. Add a pop of color:
- Go crazy with the veggies!
- Not only do they add color to your salad, piling on veggies such as grated carrot, sliced beets, snap peas, and diced tomatoes add texture and tons of vitamins, minerals, and phytochemicals.
- Be adventurous and try a veggie you don’t normally go for.