

May is National Salad Month

Salads are a great way to boost servings of fruit and/or vegetables.

Older adults should aim for **1 to 2.5 cups of fruit** and **2 to 3.5 cups of vegetables** a day.¹

To obtain a wider variety of nutrients, switch the types of fruit/vegetables you eat often.

Try some of the different combinations listed below for nutrient-packed themed salads.



Figure 1

Assemble a Themed Salad:

1. Pick a lettuce of your choice for the base.
2. Choose one of the listed salad themes.
3. Add the main ingredients to your base.
4. Top with the recommended dressing.
5. Add a source of protein of your choice.

Enjoy!



Pick a Base:

Arugula, Kale, Romaine, Spinach, Spring Mix

Theme:	Main Ingredients:	Recommended Dressing:
Caprese	Diced mozzarella, fresh basil, grape tomatoes	Equal parts olive oil & balsamic vinegar
Classic Cobb	Avocado slices, hard boiled egg(s), tomatoes, shredded cheddar cheese, corn, chopped red onion	Equal parts olive oil & red wine vinegar, dry mustard, Worcestershire sauce
Cool Summer	Cucumber, red onion, watermelon cubes, feta, fresh mint	Equal parts lemon juice, canola oil, and white wine vinegar, lemon zest to taste
Greek	Sliced cucumber, tomatoes, red onion, green bell pepper, fresh parsley and/or dill, olives, feta	Equal parts olive oil & lemon juice, dry oregano, plain yogurt
Thai Peanut	Shredded cabbage and carrots, sugar snap peas, red bell pepper, fresh cilantro, scallion, peanuts	2 parts apple cider vinegar, 1 part lime juice, low-sodium soy sauce to taste, peanut butter, red pepper flakes
Three Bean	Red kidney beans, chickpeas, black-eyed peas, chopped onion, chopped bell pepper, fresh cilantro, minced garlic	Equal parts lemon and/or lime juice, olive oil & apple cider vinegar, ground cumin, black pepper
Tropical	Diced mango, red bell pepper, raw cashews, fresh cilantro, avocado slices	2 parts olive oil, 1 part lemon juice, 1 part honey, fresh grated ginger
Waldorf	Apple slices, raw almonds and/or walnuts, chopped celery, grapes	Equal parts balsamic vinegar & olive oil, honey, lemon juice, mashed blueberries

Options for Protein:

Beans, Chicken, Lentils, Nuts & Seeds (Any Kind), Quinoa, Shrimp, Tofu, Tuna, Turkey (Low-Sodium)

Reference: 1. Serving and Portion Sizes: How Much Should I Eat? National Institute on Aging. Reviewed June 11, 2017. <https://www.nia.nih.gov/health/serving-and-portion-sizes-how-much-should-i-eat>.

Figure 1: http://www.newdesignfile.com/postpic/2012/10/salad-vector_47075.jpg

Recipes adapted from: <https://www.foodnetwork.com/recipes/articles/50-simple-salads>

Created by: Katlynn Ferreira, MS, RD, LDN (March 2018)