

Building a Better Salad

Salads can be satisfying! NorthShore shares simple ways to create a hearty, delicious and nutrient-packed salad.

Follow the directions below to build your perfect salad.

(One large serving – typically enough for a whole meal)

1

green base

2+ cups raw
-or-
1+ cups cooked



mixed greens



baby spinach



kale



arugula



beet greens



watercress



Swiss chard

NUTRITIONAL BENEFIT:
High in vitamin A, vitamin C, iron and calcium.

2

protein

choose one fresh protein



3/4 cup shrimp



4-6 oz. baked chicken breast



3/4 cup baked tofu chunks



2 hard-boiled eggs



4-6 oz. salmon or tuna fresh or canned (water or olive oil base)



4-6 oz. cooked turkey



2/3 cup. cooked beans

NUTRITIONAL BENEFIT:
Helps build and maintain muscle.

3

fruits & veggies

aim for a total of 1 cup of any combination



red grapes



berries (any kind)



diced apples



diced pears



grape tomatoes



celery (sliced or diced)



chopped broccoli (fresh or roasted)



shredded carrots



sliced mushrooms



beets (shredded or sliced)



bell pepper (sliced or diced)



cucumber (sliced or diced)

NUTRITIONAL BENEFIT:
High in vitamins, minerals and antioxidants.

4

healthy fats

2-3 tablespoons of one of the following



pepitas (pumpkin seeds)



chia seeds



hemp seeds



almonds



walnuts



pecans



avocado

NUTRITIONAL BENEFIT:
Mono- and poly-unsaturated fats are good for your heart.

5

dressings

no more than 2 tablespoons total



extra virgin olive oil



vinegar



lemon or other citrus fruit juice

NUTRITIONAL BENEFIT:

These options contain less fat and sodium than cream-based or bottled dressings.

flavorful extras (optional)

choose up to 1/8-1/4 cup



herbs and spices (fresh or dried)



sundried tomatoes



cheese (feta, goat or parmesan)

SOURCE:
Center for Brain Health
at NorthShore Neurological Institute