

SIX RULES TO BUILD A BETTER SALAD

1. Bulk up with Green. Aim to make up at least three-quarters of your salad with nutrient-packed greens. You'll have lots to dig into, without a lot of calories.
2. Add Color with Veggies and Fruit. Pile on two to three additional colors to your salad for additional health benefits – pretty plant pigments add antioxidants.
3. Top with protein. Go for ½ cup of cooked beans, chicken, steak, fish or tofu, shredded cheese or a hard-boiled egg.
4. Fiber up with Whole Grains. Top with about ½ cup cooked whole grains. Try quinoa, farro, bulgur, wheat berries, wild rice, whole-grain couscous or pasta.
5. Keep the Extras Simple. Crunchy toppings like nuts, seeds and whole-wheat croutons make your salad sing – choose just one or two and sprinkle rather than dump.
6. Dress for Success. Forgo the fat-free stuff; stick with 2 tablespoons of low-fat dressing – the fat actually helps your body better absorb the nutrients in your salad.

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