

Build a Better Salad

Consider flavor, texture and color to create a delicious and satisfying salad.

1

START WITH A BASE

GREENS add a crisp start to any salad. Dark leafy greens offer Vitamin K and Calcium which are both important for our heart health and bone strength.

Arugula
Romaine

Boston Bibb Lettuce
Spinach

Green Leaf Lettuce
Kale

2

PILE ON THE VEGGIES OR FRUIT

Add a variety of **VEGETABLES** to your salad. The more colorful it is, the more vitamins and minerals. **FRUITS** can also taste great in salads and add a little sweetness to the mix.

Bell Pepper
Carrot
Oranges

Squash
Radish
Berries

Cucumber
Beets
Dried Fruit

Tomato
Apple
Grapes

3

POWER UP WITH PROTEIN

PROTEIN is essential at each meal. All those vegetables are packed with fiber that fills you up, but remember protein is key to keeping you full and fueled for longer.

Chicken and other Lean Meats
Edamame

Tofu
Falafel

Beans
Quinoa

Egg
Fish

4

TOPPINGS

Add additional flavors and texture to your salad. Use toppings sparingly.

Cooked Grains

Quinoa
Rice
Farro

Nuts and Seeds*

Almonds
Pecans
Pumpkin Seeds
Walnuts
Sunflower Seeds
Peanuts
Cashews

Cheese

Cheddar
Mozzarella
Feta
Blue
Parmesan

Other Toppings

Avocado
Croutons
Olives
Tortilla Strips

**Nuts and seeds can also be sources for a plant-based protein.*

5

DRESS IT UP

SALAD DRESSING not only provides flavor and variety, but it also has healthy fats that are vital for the absorption of fat-soluble Vitamins A, D, E and K. For options lower in saturated fat, consider oil-based dressings or yogurt-based dressings instead of traditional creamy options.

6

ENJOY!

Try some of these combinations below.

Romaine Lettuce, Corn,
Salsa, Chopped
Avocado with Grilled
Chicken and Chili
Lime Vinaigrette

Mixed Greens, Roasted
Beets, Oranges, Feta
and Pistachios with
Dijon Mustard
Vinaigrette

Chickpeas, Cucumber,
Tomato and Onion
with an Herb
Vinaigrette

For best nutrition, use a sparing portion of dressing.

Nutrition data is based on popular AVI dressing specifications. Your location may vary. Ask your AVI General Manager for specifics.

Serv. size represents customary portion for build-your-own salad. Selections will vary by season, rotation schedules and availability. Not all items are available at all times. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

For more information on Building a Better Salad, visit <https://avinutrisource.com/>