

How to make a healthy salad



Men: 500 calories per meal • Women: 400 calories per meal

Enter Calories of Selected Foods

Pick and choose items on this list that add up to your target calorie range.

	<p>Spinach/Romaine Lettuce Calories: 14</p> <ul style="list-style-type: none"> • High in folate • Can curb risk of breast, pancreatic and colorectal cancers 	<p>Serving size: 2 cups</p>
	<p>Tomatoes Calories: 16</p> <ul style="list-style-type: none"> • Brighten your salad • Contain lycopene, an antioxidant that can lower prostate and colorectal cancer risk 	<p>Serving size: 1/2 cup (chopped)</p>
	<p>Broccoli/Cauliflower Calories: 12</p> <ul style="list-style-type: none"> • Adds crunch • High in fiber, vitamin C and beta carotene • Helps lower stomach, mouth, larynx and esophageal cancer risk 	<p>Serving size: 1/2 cup (raw)</p>
	<p>Chicken Breast (no skin) Calories: 141</p> <ul style="list-style-type: none"> • A healthier option than red meat, which increases cancer risk 	<p>Serving size: 1/3 cup</p>
	<p>Beans Calories: 110</p> <ul style="list-style-type: none"> • Pack in more lean protein • May reduce risk of breast and colorectal cancers • Try black, garbanzo and soy beans (edamame) 	<p>Serving size: 1/2 cup</p>
	<p>Grapes Calories: 55</p> <ul style="list-style-type: none"> • Offer a sweet bite • May reduce risk of breast and colorectal cancers • Red grapes boast even more health benefits 	<p>Serving size: 1/2 cup</p>
	<p>Almonds (raw) Calories: 82</p> <ul style="list-style-type: none"> • Add extra texture and crunch • High in fiber • May help lower colorectal cancer risk 	<p>Serving size: 14 almonds</p>
	<p>Cheese Calories: 50</p> <ul style="list-style-type: none"> • Feta and goat cheeses are good low-calorie choices 	<p>Serving size: 1/8 cup</p>
	<p>Vinaigrette Calories: 138</p> <p>Olive oil is a good source of healthy fats. <u>Recipe:</u> Combine 2 tsp. balsamic vinegar, 1 tbsp. olive oil, 3/4 tsp., Dijon mustard, 1/4 tsp. honey.</p>	<p>Serving size: 2 tablespoons</p>

Total Calories