

# *A Salad A Day*

## *Treat Yourself to Great Taste*

### *the Healthy Way*

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**I**t's no surprise that salad is good for you, but new research suggests that salads are even better for us than we thought. Recent studies show the U.S. population is currently not getting enough of the vitamins their bodies need to stay healthy and protect against a variety of diseases. Not to fear... In addition to being convenient and versatile, salads are a rich source of these necessary vitamins.

The USDA Food Guide Pyramid recommends 5-9 servings of fruits and vegetables per day. A salad a day can be a strong contributor to overall vegetable consumption. And, because salads are uncooked, their vitamins and fiber content are at their peak.

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### *Did You Know?*

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- ◆ By eating just one salad every day, you can increase your vitamin intake and boost your nutritional health.
- ◆ Salad eaters tend to have higher intake of key nutrients, including vitamins C, E, and folic acid. Not getting enough of these key nutrients can lead to health issues such as cardiovascular disease.
- ◆ Vitamin C is an antioxidant with anti-aging properties.
- ◆ Vitamin E contributes to improved nutrition and overall health.
- ◆ Folic acid is important for a healthy pregnancy.
- ◆ When used in moderation, salad dressing can be part of a healthy diet.
- ◆ The fat in salad dressing helps the body absorb key cancer-fighting nutrients such as lycopene and alpha-and beta-carotene.
- ◆ A salad a day before a meal provides satiety, which is a great strategy for weight management.

### **Why are the vitamins in salads important?**

In addition to boosting your overall health, adequate consumption of key vitamins is linked to decreased risk of cardiovascular disease as well as other diseases.

### **Just how big is one serving?**

It's actually a lot smaller than most people think! One serving of fruits and vegetables should fit within the palm of your hand. A typical portion is often more than one serving. A large salad, for example, can add up to 2 or 3 of the recommended daily servings of vegetables.

*Do your body a favor today and every day. Treat yourself to a delicious salad full of vitamin-rich vegetables and your favorite salad dressing.*

For more information about the latest research on salads and to obtain tempting recipes, visit [www.saladaday.org](http://www.saladaday.org). For more information about The Association for Dressings & Sauces, industry trends and more recipes, please visit [www.dressings-sauces.org](http://www.dressings-sauces.org).

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