

BUILDING A HEALTHY SALAD WITH SEAFOOD



Create a seafood salad that's healthy, quick, and delicious!

A common misconception is that every salad is a healthy choice. But salads, whether prepared at home or at restaurants, that are loaded with high-fat toppings often consist of more calories than you should have in one sitting. Once you count the greens, the dressing, all the fixings, and the fried chicken strips, many are over 800 calories. Don't worry—there is a simple solution!

LAY A HEALTHY FOUNDATION:

Start with 1 to 2 cups of salad greens per serving. (Greens are full of fiber, which helps digestion.) Combine different types (i.e. spinach, romaine, kale) to **balance textures and flavors**.

ADD A VARIETY OF TEXTURES:

Consider fruits, nuts, and vegetables for added crunch, flavor, color, and nutrients.

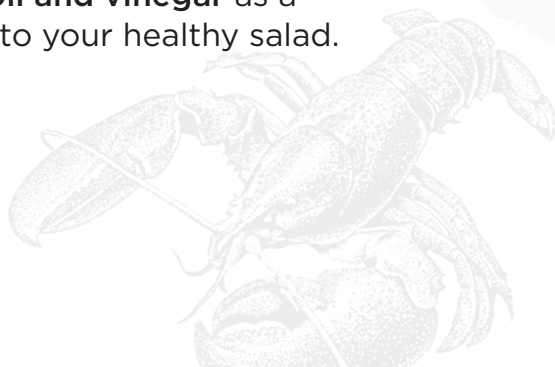
PROTEIN POWER: Add seafood as your lean protein option. Some simple options are canned salmon or canned tuna. You can always prepare fish or shrimp the night before to add to your salad as well.

SAUCE IT UP: Consider olive oil and vinegar as a simple dressing to **add flavor** to your healthy salad.



ADDITIONAL RESOURCES:

Italian Tuna Salad
No Sad Desk Lunch



SEAFOODNUTRITION.ORG