

Healthy Salad Scorecard

	1 point	½ point
Lettuce	Dark Green	Light Green
Protein	<p>1 spoon full of beans</p> <p>A serving of meat about the size of your fist</p>	<p>Try black beans! They have around 100 calories and 8 grams of protein per half cup serving!</p>
Fruit	Fresh Fruit	Dried Fruit
Vegetables	<p>Give yourself one point for each vegetable on your salad!</p>	<p>Aim for at least three different color vegetables in your salad for a variety of nutrients!</p>
Grains	<p>One point for each whole grain (croutons don't count!)</p>	<p>"Fat Free" isn't always better! Manufacturers often replace fat with additives and chemicals to make up for the loss in flavor. Choose "low fat" or "lite" instead.</p>
Dressing	<p>"Lite" or oil and vinegar based</p>	
Try something New!	<p>Give yourself one point for trying a new to you fruit, vegetable, or protein!</p>	

If your salad scored more than 10 points, great job! You're about to eat a delicious and nutritious salad! If not, try adding more veggies, lean protein, or whole grains next time!