



Eat Salad To Your Health

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By **Shaun/North American Precis Syndicate**

(NAPSI)—An excellent way to get the recommended nutrient needs each day is to eat a lot of salad. Salad eaters tend to have higher intakes of certain essential nutrients, such as vitamins C and E and folate, and the healthy oils in salad dressings can help the body to absorb many of these important nutrients. Plus, most salad dressings are free of trans fat.

What's the key to a healthy salad? According to Sarah Wally, M.S., R.D., "The nutritional value of your salad depends on what ingredients you choose." Selecting a rainbow of colorful fruits and vegetables for salads ensures that you're eating a wide range of beneficial nutrients.

What's more, you can enjoy a different salad with dressing every day of the year. The Association for Dressings & Sauces, an association of salad dressing, mayonnaise and condiment sauce manufacturers and suppliers, has a way to help health-conscious consumers do just that. You can find information about salads and hundreds of creative salad recipe ideas on www.saladaday.org.



A well-dressed salad with pears and pecans can be a delicious and healthful addition to your day. Photo courtesy of the Association for Dressings & Sauces and the National Pecan Shellers Association.

Note to Editors: Although *The Association for Dressings & Sauces* has celebrated May as National Salad Month since 1992, this article can benefit your readers at any time.

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