

CONTACT: Jacqueline Petty, APR
(404) 252-3663
ads@kellencompany.com

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Ensure Your Children Eat Better with Tasty Salads

The Association for Dressings and Sauces Supports Michelle Obama's Efforts to Promote Fruit and Vegetable Consumption Among Our Nation's Children

(September 18, 2013) ATLANTA, Ga. — In support of the First Lady's announcement today regarding the need to increase healthy eating among the nation's children, the Association for Dressings and Sauces (ADS) is sharing tips and ideas to encourage fruit and vegetable consumption.

"ADS supports healthful food options for our nation's children," says ADS Executive Director Jeannie Milewski. "We created and have celebrated *National Salad Month* for the past 20 years and share Michelle Obama's passion for educating the next generation on healthy food choices," she said.

According to the ADS, incorporating salads into children's diets is an excellent way to help them meet their recommended nutrient needs each day. Selecting a rainbow of colorful fruits and vegetables for salads ensures that they're eating a wide range of beneficial nutrients.

It is important to note that some dietary fat is essential, provides energy and helps the body absorb key nutrients. The most recent edition of the *Dietary Guidelines for Americans* recommended increased use of oils to replace solid fats, where possible. Oil-based salad dressings are made with healthy oils, such as soybean, canola and olive, and can be part of a well-balanced diet. In addition, the vast majority of salad dressings are free of *trans* fat.

Research shows that the healthy oils in salad dressings help the body absorb the vegetables' important nutrients such as vitamins C and E and folate. And, without the great taste of commercial salad dressings, some children may choose to avoid fresh salads, fruits and vegetables altogether.

It's possible to enjoy a different salad every day of the year. Health conscious consumers can find hundreds of creative salad recipes on www.saladaday.org along with information about the health benefits of eating salads with dressing.

A great, kid-friendly salad recipe incorporating both fruits and vegetables is the [Fall Harvest Waldorf Salad](#). Use fresh fruits, vegetables and a favorite, commercial salad dressing to help your kids enjoy eating healthfully.

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About the Association for Dressings & Sauces

The Association for Dressings & Sauces is an international trade association representing manufacturers of salad dressing, mayonnaise, and condiment sauces and suppliers to this industry. Visit www.dressings-sauces.org for more information.