



Power-up your salad

Strive for five servings of fruits and vegetables each day with this three-step process

STEP 1:

Choose your fruits and vegetables

Choose greens loaded with vitamins, minerals and antioxidants, such as:

- Romaine
- Kale
- Spinach

STEP 2:

Pick a protein source for balance and fullness

Better-for-you protein sources include:

- Chicken breast
- Hard-boiled egg
- Chickpeas and beans
- Nuts and seeds
- Lowfat cottage cheese
- Lowfat yogurt

STEP 3:

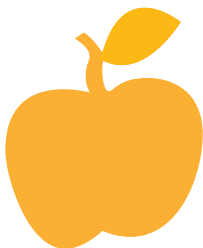
Go easy on the dressings and toppings

Limit items that quickly add calories and fat, such as:

- Bacon bits
- Cheese
- Cream-based dressings
- Croutons

Instead, choose:

- Two tablespoons of lowfat dressing
- A squeeze of lemon
- A splash of flavored vinegar
- A light drizzle of olive oil



TASTY TIP:

Want to eat fewer sweets? Try eating more vegetables with your meals. Research suggests eating more vegetables can reduce the amount of high-sugar sweets you eat.

For more tasty tips and useful resources, visit yumpower.com.