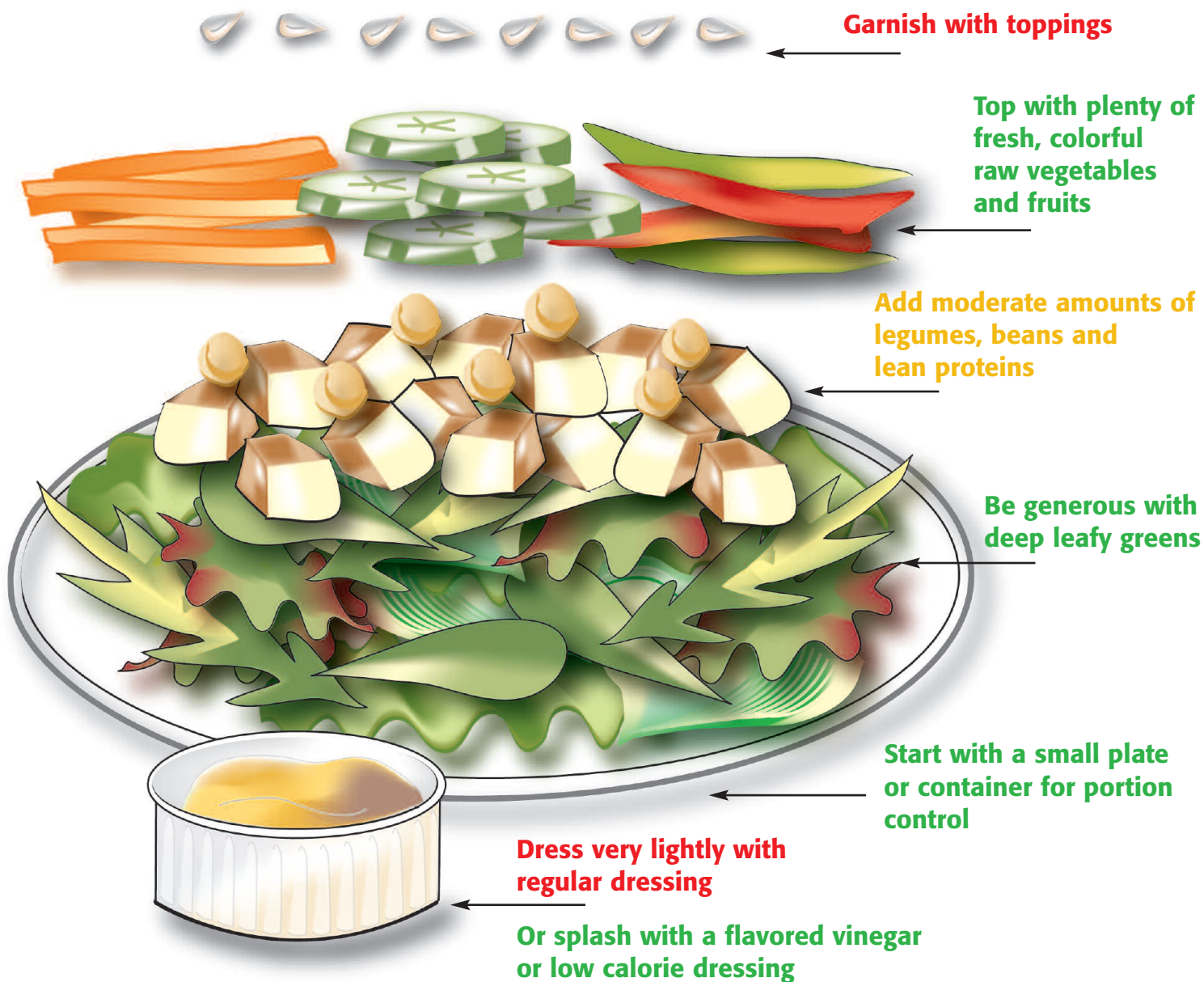


# How To Build A Better Salad

It's easy to build a healthful salad in a few easy steps. Simply use the tips below and the color coded salad bar utensils in the salad bar as your guide.



**Use freely**



**Use carefully**



**Use sparingly**

# How To Build A Better Salad

We've color coded our salad utensils to help you build a delicious meal that's in line with your healthy lifestyle.

Use  
freely



**Green utensils** are placed on ingredients you can use freely. No dressings or marinades here, just leafy greens, fresh vegetables and luscious fruits in their natural state. They are full of flavor, vitamins and minerals. Start with a small plate or small container for portion control and fill it with spinach, spring mix or mesclun greens. Top with fresh fruit and veggies.

Use  
carefully



**Yellow utensils** are placed on ingredients with more calories and/or generous amounts of protein and healthy fats such as legumes, beans, lean proteins, dried fruits and reduced calorie dressed salads. It's important to carefully serve a moderate portion of these items.

Use  
sparingly



**Red utensils** are placed on ingredients that are meant to be used sparingly such as parmesan cheese, bacon bits, croutons, fried noodles and heavily dressed salads. Sprinkle these ingredients on your salad for portion control.

All salad dressings are in color coded pour bottles. Dressings in green color coded pour bottles have less than 50 calories per ounce, dressing in yellow color coded pour bottles have less than 150 calories per ounce and dressings in red color coded pour bottles have more than 150 calories per ounce.

**For more information on the dressings we offer refer to the following chart:**

Dressing	Calories	Calories from fat	Fat (grams)	Carbohydrate (grams)	Sodium (mg)
<b>Regular Dressings</b>					
Ranch	150	140	15	2	300
Honey Mustard	130	100	11	7	210
<b>Light Dressings</b>					
Light Italian	10	10	1	0	70
Light Ranch	80	54	6	6	310
Light French	70	50	5	5	130
<b>Fat Free Dressings</b>					
Fat Free Red Pepper Ranch	25	10	1	4	55
Fat Free Ranch	30	0	0	8	370