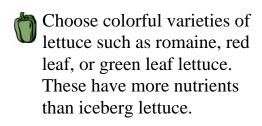


Healthy Eating for Elders: Salad Suggestions¹

Jennifer Hillan²



Salads are quick and easy to make and have endless possibilities! Paired with whole grain crackers or bread, salads make healthy and convenient meals. Try some of these ideas for your next salad.

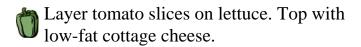


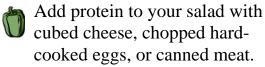


- Make a salad from canned vegetables by mixing two or more chilled vegetables such as carrots, beets, or green beans.
- Mix vegetables and fruits for unusual combinations. Try apple slices or mandarin oranges on spinach leaves.
- Fill peach or pear halves with low-fat cottage cheese or yogurt. Garnish with chopped nuts.



Add canned beans to your salad. Experiment with kidney, lima, green beans, or chickpeas (garbanzos).









Go easy on high-fat, high-calorie dressings. Instead, buy low-fat dressings or make your own from lemon juice, lime juice, or vinegar and vegetable oil.

Produce Pointers



On't wash produce until you are ready to use it-it will stay fresh longer.



Freeze left-over chopped peppers, mushrooms, and onions for later use.



If possible, shop with a friend and share a head of lettuce or a melon.

This document, FCS8696-Eng, is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: March 2004. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS Web site at http://edis.ifas.ufl.edu

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