

- salads made without mayonnaise or creamy sauces
  - Lower fat salad dressing
  - Plain vegetables and fruit
- Limit the high fat add-ons like croutons, bacon bits, nuts and seeds, olives and cheese

***For a lower fat salad choose:***



***Salad! The low fat choice...or is it?  
Salads have always been the dieters'  
choice but they can be a high fat or low  
fat choice.***