

Salad Days

Eat Salad To Your Health

(NAPSA)—An excellent way to get the recommended nutrient needs each day is to eat a lot of salad. Salad eaters tend to have higher intakes of certain essential nutrients, such as vitamins C and E and folate, and the healthy oils in salad dressings can help the body to absorb many of these important nutrients. Plus, most salad dressings are free of *trans* fat.

What's the key to a healthy salad? According to Sarah Wally, M.S., R.D., "The nutritional value of your salad depends on what ingredients you choose." Selecting



A well-dressed salad with pears and pecans can be a delicious and healthful addition to your day.

Photo courtesy of the Association for Dressings & Sauces and the National Pecan Shellers Association.

a rainbow of colorful fruits and vegetables for salads ensures that you're eating a wide range of beneficial nutrients.

What's more, you can enjoy a different salad with dressing every day of the year. The Association for Dressings & Sauces, an association of salad dressing, mayonnaise and condiment sauce manufacturers and suppliers, has a way to help health-conscious consumers do just that. You can find information about salads and hundreds of creative salad recipe ideas on www.saladaday.org.



Note to Editors: Although *The Association for Dressings & Sauces* has celebrated May as National Salad Month since 1992, this article can benefit your readers at any time.