

How to Build a High-Fiber Salad

Pick a Green

Serving size: Unlimited – at least 2 cups

- Arugula
- Kale
- Mixed greens
- Romaine
- Spinach
- Watercress

Tip: Darker greens have more nutrients

Add LOTS of Vegetables

Serving size: Unlimited – aim for at least 3 different types

- Artichoke hearts (in water)
- Asparagus
- Baby corn
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage (purple or green)
- Carrots
- Cauliflower
- Chayote
- Celery
- Cucumbers
- Jicama
- Herbs (basil, cilantro, parsley)
- Mushrooms
- Olives
- Onions (sweet, white, green)
- Sprouts
- Tomatoes
- Yellow squash
- Zucchini

Pick a Protein

Serving size: Varies

- Chickpeas (1/2 cup)
- Black beans (1/2 cup)
- Kidney beans (1/2 cup)
- Lentils (1/2 cup)
- Edamame (1/2 cup)
- Hard-boiled egg (1-2)
- Chicken breast (2-3 oz)
- Canned tuna or chicken (2-3 oz)

Pick a Grain (Optional)

Serving size: 1/4-1/2 cup

- Brown or wild rice
- Corn
- Farro
- Quinoa

Add a Heart-Healthy Fat

Serving size: Varies

- Avocado (1/2 small or 1/4 large)
- Nuts: Almonds, pecans, pistachios, walnuts (1/4 cup)
- Olives
- Seeds: Flax, chia (1 tablespoon) pumpkin, sunflower (1/4 cup)

Top With a Heart-Healthy Dressing

Serving size: 1-2 tbsp

Basic Vinaigrette Recipe

- 1/2 cup extra virgin olive oil
- 3 tbsp vinegar of choice
- 1 tbsp dijon mustard
- 2 cloves garlic
- 1/4 tsp salt
- Black pepper to taste

Instructions: Add all ingredients to bowl and mix well. Serve immediately or cover and refrigerate; keeps well for 7-10 days.

