



## HOW TO CREATE A HEALTHY, MADE TO ORDER SALAD AT SEEDS MARKETPLACE

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### CREATE YOUR FOUNDATION

Colorful, dark, leafy greens have more nutrients, so go for spring mix, baby spinach or kale. And mix it up! They all have benefits, so why not alternate your choices?

**SPINACH** is an especially good plant source of calcium and iron.

**KALE** is a nutrient powerhouse packed with anti-inflammatory, disease-fighting antioxidants.



### ADD SOME VEGETABLES

Go wild! Get colorful! It's hard to eat too much of the foods in this category: tomatoes, carrots, cucumbers, mushrooms, peppers, onions... they're all low in calories, full of water to keep you hydrated, and loaded with the vitamins and minerals that will keep your body and brain running at 100%.

Each different color is the result of naturally occurring phytochemicals, all of which have amazing, disease-fighting qualities. The more colorful your salad, the better!

**TOMATOES** are excellent sources of the antioxidant lycopene, which has been linked to reduced risk of heart disease, stroke and cancer.

**CARROTS:** we know they're good for our eyes, but did you know their carotenoids also enhance immune function? Protect yourself from those colds that always seem to come on just before exams!

**BELL PEPPERS** are one of the best sources of vitamin C, which will help you absorb iron and, like carrots, boost your immune system.

**MUSHROOMS** are loaded with B vitamins, which benefit your heart, red blood cells, digestive system, nervous system and skin. They're also one of the best sources of copper, which you need for bone health.



## ADD SOME PROTEIN

This is the difference-maker! While veggies are filling because of their high fiber and water content, what will really set you up to go the distance is adding some protein to your salad.

*What if I don't eat meat or want to eat less meat?*

Great! No problem! You don't need it! Add one of the following to your salad:

**BEANS** are a great source of fiber, which will help keep you full. Seeds has black and cannellini beans, both of which are also high in iron.

**QUINOA** is a superfood! It's one of the highest-fiber grains and is packed with vitamins, minerals and antioxidants. It's especially high in manganese, which you need in order to digest your food.

**LENTILS:** much like their friends beans and quinoa, these are also high in fiber and iron as well as tons of other vitamins and minerals. And the lentils at Seeds are orange! How cool... and also a sign of those beneficial phytochemicals.

**NUTS AND SEEDS** not only add crunch but – you guessed it – vitamins, minerals and antioxidants! Plus, walnuts are full of healthy fats like omega-3 fatty acids, which can fight depression and anxiety and lower your risk of many chronic diseases.

**TOFU** is yet another lean source of protein. One of the special things about tofu is that it's a good plant source of calcium and phosphorous, which are essential to bone health. Tofu also has isoflavones, phytochemicals that have been linked to reduced risk of cancer and diabetes.

*What if I'm not feeling super plant-based today?*

Add some chicken or tuna! They are both healthy, lean sources of protein.

**TUNA** is high in omega-3 fatty acids, just like walnuts. It's also a great source of vitamin D, which you need to absorb calcium and other minerals.

**CHICKEN** is high in potassium, an electrolyte critical to your muscles and nervous system. And the Seeds salad bar serves chicken breast, which is lowest-fat part of the bird.

## DRESS YOUR SALAD

Dressing is where we can easily cross the line from healthy to totally full of hidden fats, sugar and sodium... so proceed with caution.

**OIL AND VINEGAR:** this is an excellent choice! Ever heard that people who eat a Mediterranean diet are really healthy? They eat tons of olive oil, one of the healthiest fats around.

Going the oil-and-vinegar route also means you avoid processed dressings, which often contain corn syrup or other sugars, non-heart healthy oils like soybean oil and shockingly high levels of sodium.

**GO LIGHT ON THE DRESSING:** if you aren't quite ready to take the Mediterranean-style leap, ask for light dressing. The fat, sugar and sodium add up fast in foods like this!



## REMEMBER

The key to good nutrition is a varied, balanced diet. There's no one formula to creating the perfect, healthful salad at Seeds. There are tons of ways to mix and match - and doing so will benefit your overall health! Try all the bases, colors and proteins over time, and you'll be well on your way to getting plenty of the nutrients you need to feel your best.

