

BEWARE THE EVIL SALAD!

It starts with lettuce but ends up with more calories than two Big Macs! Here, your guide to sneaky salad fatteners—and, on page 188, smarter picks. BY MARISSA LIPPERT, R.D.

THE
“BAD”
SALAD

1,145 CALORIES!

● **THE DEAL ON DRESSING:** Anything white generally has twice the calories and fat of vinaigrettes.

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ICEBERG LETTUCE

Yes, it's low-cal (15 calories and zero fat for 2 cups), but you'll miss out on key vitamins like A, C and K found in darker greens.

NOT-SO-HEALTHY VEGGIES

One-half cup carrots (23 calories) and tomatoes (16 calories) are great, but ½ cup marinated mushrooms pack 130 calories.

HIGH-FAT EXTRAS

Eaten all together, ¼ cup cheese (114 calories), ¼ avocado (80 calories), 2 tbsp. bacon (43 calories) and ½ cup croutons (93 calories) add up.

CREAMY DRESSING

The typical ladle serves up 4 tbsp.—double a healthy serving size. For ranch, that's 340 calories (almost as much as medium fries!).

BREADED CHICKEN

A 5-oz. serving has 291 calories, 14 grams fat; coated stuff like teriyaki or buffalo chicken can also sneak in another 150 calories.

health quickie Nix buttery croutons and you'll save nearly 100 calories. Turn the page for more tips.

THE
"GOOD"
SALAD

457 CALORIES!



• **SWEET TIP:**
Apples or grapes add a flavor surprise without fat.

LOAD UP ON LEAFY GREENS

The darker the leaf, the greater the nutrients like iron and folic acid; besides, 3 cups baby spinach has only 21 calories.

PILE ON VEGGIES AND FRUIT

Three to five ½-cup servings of choices like carrots, red onions, asparagus or apples total only about 100 calories.

ADD SATISFYING EXTRAS

Pick flavorful ones and you'll need only two: 2 tbsp. walnuts has 98 calories, 10 grams fat; 2 tbsp. goat cheese has 52 calories, 4 grams fat.

CHOOSE ONE PROTEIN

Lean proteins are incredibly satisfying and low in calories—a 3-oz. portion of grilled chicken has just 96 calories, 3 grams fat.

TOP IT OFF THE HEALTHY WAY

Choose *full-fat* (not "diet") vinaigrettes. Their healthy fats keep you full longer; 2 tbsp. of a balsamic type has 90 calories, 9 grams fat.

DINING OUT? 6 SALAD DOS & DON'TS

DON'T Ruby Tuesday Carolina Chicken Salad With Blue Cheese Dressing (1,151 calories, 87 grams fat)

DO Ruby Tuesday Grilled Chicken Salad With Light Ranch Dressing (597 calories, 33 grams fat)

DON'T Chili's Southwestern Cobb Salad With Avocado Ranch Dressing (1,120 calories, 75 grams fat)

DO Chili's Grilled Caribbean Salad With Low-fat Vinaigrette Dressing (480 calories, 10 grams fat)

DON'T Uno Chicago Grill Chicken Milanese Salad (840 calories, 56 grams fat)

DO Uno Chicago Grill House Salad With Grilled Chicken and Classic Vinaigrette (430 calories, 21 grams fat)



• **SHOCKER!**
Some salads are worse than a burger with the works.