

Build a Better Salad

Brought to you by



1 START WITH A GREAT BASE

GREENS	Serving Size	Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sod	Carbs	Dietary Fiber	Sugar	Added Sugar	Protein
Arugula	3 oz	20	0.5	0	0	0	23	3	1	2	0	2
Iceberg	3 oz	10	0	0	0	0	9	3	1	2	0	1
Kale	3 oz	40	1	0	0	0	32	7	3	2	0	4
Romaine	3 oz	15	0	0	0	0	7	3	2	1	0	1
Spinach	3 oz	20	0	0	0	0	67	3	2	0	0	2
Spring Mix	3 oz	15	0	0	0	0	21	2	1	0	0	1

BEANS	Serving Size	Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sod	Carbs	Dietary Fiber	Sugar	Added Sugar	Protein
Black	1.5 oz	35	0	0	0	0	43	7	2	0	0	2
Edamame	1.5 oz	50	2	0	0	0	3	3	2	1	0	5
Garbanzo	1.5 oz	45	0	0	0	0	46	7	1	1	0	2
Green	1.5 oz	15	0	0	0	0	3	1	1	1	0	1
Kidney	1.5 oz	45	0	0	0	0	46	8	2	1	1	3

2 LOAD UP ON FRESH VEGGIES

VEGGIES	Serving Size	Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sod	Carbs	Dietary Fiber	Sugar	Added Sugar	Protein
Artichokes	1 oz	15	0	0	0	0	27	3	2	0	0	1
Asparagus	1 oz	5	0	0	0	0	1	1	1	1	0	1
Beets	1 oz	20	0	0	0	0	42	5	0	3	0	0
Broccoli	1 oz	10	0	0	0	0	9	2	1	0	0	1
Cabbage, Green	1 oz	5	0	0	0	0	5	2	1	1	0	0
Cabbage, Red	1 oz	10	0	0	0	0	8	2	1	1	0	0
Carrots	1 oz	10	0	0	0	0	20	3	1	1	0	0
Cauliflower	1 oz	5	0	0	0	0	9	1	1	1	0	1
Celery	1 oz	5	0	0	0	0	23	1	0	0	0	0
Corn	1 oz	30	0	0	0	0	0	7	1	1	0	1
Cucumber	1 oz	5	0	0	0	0	1	1	0	0	0	0
Mushrooms	1 oz	5	0	0	0	0	1	1	0	1	0	1
Olives, Black	1 oz	40	4	1	0	0	236	2	0	0	0	0
Olive, Green	1 oz	60	4.5	1	0	0	529	1	1	0	0	0
Onion, Red	1 oz	10	0	0	0	0	1	3	0	1	0	0
Onion, White	1 oz	10	0	0	0	0	1	3	0	1	0	0
Peas	1 oz	20	0	0	0	0	34	4	1	1	0	1
Pepperoncini	1 oz	5	0	0	0	0	628	0	1	0	0	0
Pepper, Green	1 oz	5	0	0	0	0	1	1	0	1	0	0
Pepper, Red	1 oz	10	0	0	0	0	1	2	1	1	0	0
Pickles	1 oz	5	0	0	0	0	260	1	0	0	0	0
Radishes	1 oz	5	0	0	0	0	11	1	0	1	0	0
Snow Peas	1 oz	10	0	0	0	0	1	2	1	1	0	1
Water Chestnuts	1 oz	15	0	0	0	0	4	3	0	1	0	0
Zucchini	1 oz	5	0	0	0	0	1	1	0	0	0	1

3 ADD LOTS OF FRUITS

FRUITS	Serving Size	Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sod	Carbs	Dietary Fiber	Sugar	Added Sugar	Protein
Apple Slices	1 oz	15	0	0	0	0	0	4	1	3	0	0
Apricots, Dried	1 oz	70	0	0	0	0	0	18	2	15	0	1
Avocado	1 oz	45	4	1	0	0	2	2	2	0	0	1
Blueberries	1 oz	15	0	0	0	0	0	4	1	3	0	0
Cranberries, Dried	1 oz	95	0	0	0	0	1	24	1	21	18	0
Grapes	1 oz	20	0	0	0	0	1	5	0	4	0	0
Honey Dew	1 oz	10	0	0	0	0	5	3	0	2	0	0
Oranges, Mandarin	1 oz	10	0	0	0	0	1	3	0	3	0	0
Peach Slices	1 oz	15	0	0	0	0	2	3	0	3	0	0
Pineapple	1 oz	15	0	0	0	0	0	4	0	3	0	0
Strawberries	1 oz	10	0	0	0	0	0	2	1	1	0	0
Tomato	1 oz	5	0	0	0	0	1	1	0	1	0	0
Tomatoes, Sun-dried	1 oz	70	0	0	0	0	81	16	12	2	0	4
Watermelon	1 oz	10	0	0	0	0	0	2	0	2	0	0

4 TOP WITH YOUR FAVORITES

PROTEINS	Serving Size	Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sod	Carbs	Dietary Fiber	Sugar	Added Sugar	Protein
Bacon	1 oz	150	11	4	0	28	510	0	0	0	0	11
Cheddar Cheese	1 oz	110	9	5	0	30	181	0	0	0	0	7
Chicken Breast	1 oz	50	3	1	0	15	152	0	0	0	0	6
Cottage Cheese	1 oz	30	1.5	1	0	6	82	1	0	1	0	3
Eggs, Hard-Cooked	1 oz	45	3	1	0	107	35	1	0	1	0	4
Feta Cheese	1 oz	80	6	4	0	25	304	2	1	1	0	4
Ham	1 oz	30	1	1	0	13	354	2	0	2	2	4
Mozzarella Cheese	1 oz	80	6	4	0	15	172	1	0	0	0	8
Parmesan Cheese	1 oz	115	9	6	0	23	567	0	0	0	0	11
Pepperoni	1 oz	140	13	5	0	28	510	0	0	0	0	6
Tofu	1 oz	25	2	0	0	0	3	1	1	0	0	3
Tuna	1 oz	25	0	0	0	13	113	0	0	0	0	6
Turkey	1 oz	25	1	0	0	10	286	1	0	3	0	3

TOPPINGS	Serving Size	Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sod	Carbs	Dietary Fiber	Sugar	Added Sugar	Protein
Chow Mein Noodles	1 oz	130	5	2	0	0	243	19	1	0	0	3
Croutons, Seasoned	1 oz	165	11	1	0	0	236	14	1	0	0	3
Peanuts, Salted	1 oz	160	14	2	0	0	71	6	2	1	0	7
Pumpkin Seeds	1 oz	130	5	1	0	0	5	15	5	0	0	5
Quinoa, Plain	1 oz	105	1.5	0	0	0	0	18	2	0	0	4
Sunflower Seeds	1 oz	160	14	2	0	0	111	6	3	1	0	5
Walnuts	1 oz	180	18	2	0	0	0	4	2	1	0	4

5 DRESS IT UP

DRESSINGS	Serving Size	Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sod	Carbs	Dietary Fiber	Sugar	Added Sugar	Protein
Balsamic	2 oz	110	9	1	0	0	366	9	0	7	7	0
Blue Cheese	2 oz	305	32	6	0	30	506	2	0	2	2	2
Caesar, Creamy	2 oz	295	31	5	0	0	547	2	0	0	0	2
French, Creamy	2 oz	250	23	4	0	0	408	12	0	12	11	0
Greek	2 oz	190	19	4	0	9	624	2	0	2	0	2
Honey Dijon	2 oz	240	22	4	0	27	311	13	0	11	11	0
Italian	2 oz	210	22	3	0	0	514	4	0	4	4	0
Italian Fat Free	2 oz	25	0	0	0	0	896	5	0	4	2	0
Italian Golden	2 oz	210	23	4	0	0	510	4	0	4	4	0
Italian Lite	2 oz	75	7	0	0	0	400	4	0	4	4	0
Ranch	2 oz	195	22	3	0	20	489	2	0	2	0	0
Ranch Fat Free	2 oz	55	0	0	0	0	686	13	1	5	4	0
Ranch Lite	2 oz	150	15	2	0	0	510	4	0	2	1	2
Raspberry Vinaigrette												
Fat Free	2 oz	60	0	0	0	0	150	15	0	13	13	0
Raspberry Vinaigrette Lite	2 oz	130	11	1	0	0	236	9	0	6	6	0

For best nutrition, use a sparing portion of dressing.

Nutrition data is based on popular AVI dressing specifications. Your location may vary. Ask your AVI General Manager for specifics.

Serv. size represents customary portion for build-your-own salad. Selections will vary by season, rotation schedules and availability. Not all items are available at all times. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

For more information on Building a Better Salad, visit <http://www.avinutrisource.com/>

