Simple Salad Swaps

OUT WITH THE OLD, IN WITH THE NEW

Fat: 80 g
Protein: 43 g
Sodium: 1,926 mg
Calories: 1,010 kcals

Fat: 19 g
Protein: 31 g
Sodium: 330 mg
Calories: 370

2 cups Romaine Lettuce
1 Tbsp Bacon Bits
1/4 cup Blue Cheese
4 oz Chicken Fingers
1/2 cup Tomatoes
1 Large Hard Boiled Egg
1/4 cup Walnuts
4 Tbsp Ranch Dressing

2 cups Romaine Lettuce
1/4 cup Avocado
1 Tbsp Lite Parmesan
4 oz Grilled Chicken
1/2 cup Tomatoes
1/2 cup Bell Peppers
1/8 cup Walnuts
2 Tbsp Lite Balsamic

Making small changes to your food choices can be a huge step toward healthier eating. All foods are ok in moderation, but we want to choose some foods less often. Swapping ingredients in your favorite recipes or adding extra vegetables are perfect ways to still enjoy the foods you love and cut back on calories, fat, and sodium.

Health Plus