

## Does Salad Mean Healthy?

Having a refreshing salad in summer definitely makes you feel light and helps you cool down. However, is salad absolutely healthy? Indeed, there are many different kinds of salads. We may fall into a health trap if we are not cautious enough.

### Garden Salad may Contain Excessive Fat Content?

Providing rich sources of dietary fibre and vitamins, garden salad mainly consists of green vegetables, along with other ingredients such as tomatoes, cucumbers and corn kernels. However, the seemingly healthy garden salad could be a hidden fat trap. The fat content for every 100 g of salad dressing could reach 58 g.<sup>1</sup> If we add 2 tablespoons of salad dressing to one serving of salad, the fat content already accounted for about one third of the daily recommended fat intake limit for an adult. Therefore, we should choose a low-fat salad dressing when selecting one.

For Every 100 g	Fat Content (g) <sup>1</sup>
Caesar Dressing	58
Low- Fat Caesar Dressing	4
Ranch Dressing	51
Low- Fat Ranch Dressing	12
Thousand Island Dressing	35
Low- Fat Thousand Island Dressing	11
Italian Dressing	28
Low- Fat Italian Dressing	6

### Fruit Salad may Contain Excessive Sugar Content?

Fruit salad usually contains various fruits such as strawberries, grapes, apples and oranges. Although fruits are beneficial to our health as they are rich sources of dietary fibre, vitamins and antioxidants, we should consume less fruit salads made with canned fruit in syrup to prevent excessive sugar intake and increasing risk of obesity. Every 100 g of canned fruit in syrup contains 17 g of sugar, which nearly doubled that of fresh fruits (contains 9 g of sugar for every 100 g). Therefore, we should better opt for fruit salad made with fresh fruits when choosing one.

### Balanced Diet is the Key

Although vegetables and fruits are beneficial to our health, we should follow the principles of a balanced diet. To achieve a balanced diet and stay healthy, grains should take up the largest portion in our meals with lots of vegetables and fruits, moderate amounts of meat, fish, egg and their alternatives and milk and their alternatives.

<sup>1</sup> Centre for Food Safety