

SHAKE UP YOUR **DAY** WITH A PORTABLE **SALAD KIT!**

These healthy tips are great to help you make a nutritious salad, but it is not a substitute for professional medical advice. Always seek the advice of your physician with any questions you may have regarding a medical condition.



STEP 1: **POWERFUL LEAFY GREENS**



Leafy greens, like kale, spinach and collard greens are packed with essential nutrients, including vitamin K, which plays a vital role in blood clotting and also promotes bone formation.

STEP 2: **DRESS IT UP WITH TOPPINGS**



Add some nutritious protein and healthy fats to your salad by topping with almonds, pecans or avocado. Get a substantial dose of antioxidants by adding some dried fruit, like cranberries.

STEP 3: **TOP IT OFF & SHAKE IT UP!**



Finish your salad kit with some healthy dressing options. Olive Oil & Balsamic Vinegar is a great source of Vitamin E and antioxidants that may help fight against cardiovascular disease.