

Create a super salad



Healthy Eating Week | 

Get creative on your way to 5 A DAY!

Choose your starchy base

1



For example: potatoes, rice, pasta, couscous.

Add plenty of vegetables

2



For example: chopped pepper, canned sweetcorn, courgette ribbons or sliced radishes.

Pick your protein

3



For example: canned chickpeas (beans or lentils), canned tuna, boiled egg, cooked chicken.

To top it off...

4



For example: chopped spring onion, raisins, coriander (or other herbs), grated cheese.

Top tips!

For an extra fibre boost, choose wholegrain varieties of starchy foods, e.g. wholewheat pasta, wholewheat couscous.

If you're adding a dressing, choose a reduced fat variety and use it sparingly.

Use up leftovers

Salads are a great way to use up fruit and vegetables, cooked meat and other foods – don't throw them away, throw them in your salad!

Share your creations
@NutritionOrgUK #HEW24
or email them to us at
postbox@nutrition.org.uk

