



Restaurant Guide

Lighten up Your Salad



© Sergei Koval | Dreamstime.com

If you're trying to eat more healthfully, but you still want to enjoy a meal out, ordering a salad is the ideal option, right? Not so fast. While a salad can certainly be a healthy, satisfying option, there are plenty on the menu that can actually short-circuit your wellness goals. The idea of a salad may sound lighter than a burger, but it's not always the case. Many restaurant salads are loaded with calories, fat (especially saturated fat) and sodium. Some salads contain more than a day's worth of sodium (2,300 mg), and more fat than a fast food double burger with cheese.

In order to enjoy a restaurant salad without busting your health budget, try to find one that is moderate in calories, fat and sodium, and rich in fiber and protein—nutrients that will help you feel satisfied. Don't be afraid to make special alterations on your order. Request your salad sans the high-fat, salty ingredients like creamy dressings, cheese, bacon, and fried chicken. And include fiber- and/or protein-rich ingredients, such as beans, grilled chicken, whole grains, and nuts.

Helpful hints. Keep these ideas in mind when ordering a salad for your meal.

- ▶ **Cut it in half.** Choose half-size salads if available, or eat half of your full-size salad and bring the rest home for another meal.
- ▶ **Fat check.** Skip the saturated fat- and sodium-filled toppings, like croutons, bacon, and creamy dressing. Instead, opt for healthy fats in vinaigrettes, an avocado slice, and a sprinkling of walnuts or sunflower seeds.
- ▶ **Dressing on the side.** Yes, it's an oft-heard tip, but it works. Ordering the dressing on the side allows you to drizzle on a small amount, or dip each bite for just a bit of flavor vs. drenching the entire salad. **EN** —Heidi McIndoo, MS, RD

Restaurant Entrée Salads Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 36 g fat (54% DV), 7 g saturated fat (35% DV), 900 mg sodium (38% DV), and at least 13 g protein (26% DV).

RESTAURANT ENTRÉE SALADS

	Serv Size* (c)	Calories	Total Fat (g)	Sat Fat (g)	Carb (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Applebee's Fiesta Chicken Chopped Salad	1	870	42	11	86	1680	12	20	38
Applebee's Oriental Grilled Chicken Salad	1	1290	84	13	85	1950	9	52	51
Applebee's Thai Shrimp Salad	1	390	20	3	33	1630	7	5	24
California Pizza Kitchen Chinese Chicken Salad	1	790	36	5	96	2650	12	39	26
✓ California Pizza Kitchen Roasted Veggie with Grilled Chicken Breast	½	550	31	3.5	31	620	11	13	41
✓ California Pizza Kitchen Quinoa & Arugula Salad	½	590	36	4.5	58	730	9	13	17
Chili's Caribbean Salad with Grilled Chicken	1	710	27	4.5	87	1170	9	68	35
Chili's Quesadilla Explosion	1	1430	96	28	84	2420	9	18	64
Chili's Santa Fe Chicken Salad	1	680	47	8	31	1790	7	9	38
✓ Cosi Adobo Lime Chicken Salad	1	420	18	3	41	746	7	11	20
✓ Cosi Shanghai Chicken	1	265	10	2	28	788	4	8	18
Cosi Signature Salad	1	618	45	11	40	565	7	26	13
Cosi Smart Fit Salad	1	381	15	2	57	489	10	21	10
Longhorn Steakhouse Farm Fresh Field Greens with Shrimp	1	350	15	6	23	1280	5	7	36
Longhorn Steakhouse Grilled Chicken & Beefsteak Tomato Salad	1	790	58	15	18	1590	5	6	51
Longhorn Steakhouse Grilled Chicken & Strawberry Salad with Vinaigrette	1	530	19	7	52	1310	7	41	43
Longhorn Steakhouse Grilled Salmon Salad (Mixed Greens)	1	530	29	9	23	710	5	7	43
McDonald's Premium Bacon Ranch Salad with Grilled Chicken	1	310	14	6	9	1120	3	3	38
McDonald's Premium Southwest Salad with Grilled Chicken	1	330	11	4	26	920	6	9	33
✓ Panera BBQ Chicken Salad	1	450	20	3	37	500	6	19	25
✓ Panera Fuji Apple Chicken Salad	1	550	34	7	34	580	6	20	29
Panera Greek with Chicken Salad	1	500	36	9	13	1310	4	4	31
✓ Panera Mediterranean Quinoa Salad with Almonds	1	460	36	5	29	710	8	4	19
Panera Power Kale Caesar Salad with Chicken	1	600	40	16	11	1280	3	2	49
P.F. Chang's Crisp Salad with Seared Ahi	1	690	53	8	30	1500	5	11	25
P.F. Chang's Lemongrass Chicken Salad	1	660	40	6	55	1030	8	31	26
P.F. Chang's Shanghai Waldorf Salad	1	630	51	8	36	750	8	20	11
Quiznos Apple Harvest Chicken Salad	½	340	20	3	30	580	4	23	11
✓ Quiznos Honey Mustard Chicken Salad	½	430	33	7	15	890	1	11	18
Quiznos Lobster & Seafood Salad	1	600	49	8	23	1950	5	7	15
Quiznos Peppercorn Caesar Salad	1	810	69	13	15	1970	2	7	32
Red Robin Avo-Cobb-O Salad	1	499	28	N/A	20	1091	5	5	40
Red Robin Banzai Salad	1	439	12	N/A	59	1521	2	39	26
Red Robin Spicy Sombrero Salad	1	622	40	N/A	32	1593	9	8	31
Red Robin Whiskey Rio BBQ Salad	1	520	32	N/A	29	1004	5	11	24
Wendy's Apple Pecan Chicken Salad	1	590	27	9	52	1350	7	40	37
Wendy's Asian Cashew Chicken	1	380	14	2	32	1070	6	18	36
✓ Wendy's BBQ Ranch Chicken Salad	½	320	15	4.5	26	820	3	17	21
Wendy's Spicy Chicken Caesar Salad	½	450	27	8	29	920	4	4	23

Note: Information is based on menu item as served; most include dressing; g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrate, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet, N/A=information not available; source: restaurant websites *Serving size is based on a full order or half order (some restaurants provide half order options)