


Super Salads to Go

On a hot summer day, sometimes all you feel like eating is a nice salad. But your cravings may go beyond just a pile of shredded lettuce and tomatoes to a hearty, luscious salad made with crunchy vegetables, such as cucumbers and carrots, grilled chicken, beans, eggs, and even more. An entrée salad makes a perfect meal for work, home, or on the run.

Creating a masterpiece salad can require a lot of work. Fortunately, many grocery stores have eliminated that problem. They may offer a variety of fresh, packaged salads for you to grab and go—no chopping required. But, nutritionally, how does this convenience affect the bottom line? We scanned the nutrition facts on salad bowls across the country to determine the best bets when it comes to ready-to-eat salads.

Helpful hints. What could be healthier than a salad, right? Beware the add-ons. Use these tips to ensure you're not getting more than you bargained for.

- **Watch the serving size.** Many grab-and-go salads are considered more than one serving. Check the label and do the math to make sure the 300-calorie salad you're eating isn't really 600 or even 900 calories—with an extra 24 grams of fat and 3,000 milligrams of sodium topping it off.
- **Watch those additions.** Though many salads are healthy choices, some may surprise you with their levels of fat, calories, and sodium, due to less-than-healthy additions like bacon, fried noodles, croutons, or "crispy" (code for fried) chicken. And in many instances, the dressing included in your salad may be responsible for a good deal of the fat and sodium inside. Try using half of the packet, or dip each bite of your salad into the dressing rather than pouring the dressing over the top.
- **Balance it out.** While a veggie-filled salad can be nutritious, make sure to include some protein to help you feel satisfied. An ounce or two of tuna, turkey or chicken; a hard-boiled egg, or one-half cup of beans or cottage cheese are good choices. To boost fiber, consider adding a few whole grain crackers on the side. 

—Heidi McIndoo, M.S., R.D.



Supermarket Salads: A Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.



✓ = **EN's Picks.** Vegetarian picks contain no more 14 g of fat (22% DV), 3 g saturated fat (15% DV), 780 mg sodium (33% DV), and at least 180 calories (9% DV) and 6 g protein (12% DV).

With meat picks contain no more than 20 g of fat (31% DV), 5 g saturated fat (25% DV), 780 mg sodium (33% DV), and at least 250 calories (13% DV).

Packaged Supermarket Salads	Serving Size	Calories	Fat (g)	Sat Fat (g)	Fiber (g)	Protein (g)	Sodium (mg)	Carbs (g)
VEGETARIAN								
✓ Ready Pac Cranberry Walnut	1 (128)	210	9	3	2	7	450	26
✓ Ready Pac Mediterranean	1 (170)	180	12	3	3	7	780	12
Ready Pac Spinach Dijon	1 (135)	280	19	4	3	10	490	20
Trader Joe's Classic Greek	1 (255)	250	19	3.5	3	4	620	15
Trader Joe's Kale & Edamame Bistro	1 (284)	500	33	3	10	16	300	43
Trader Joe's Southwest	1 (227)	240	14	4.5	6	8	650	21
✓ Trader Joe's Vegetable & Grain Country	½ (170)	350	13	1.5	12	9	260	51
Wegman's Asparagus, Beet & Walnut	1 (n/a)	460	38	4.5	8	15	1070	22
Wegman's Baby Spinach	1 (n/a)	390	26	8	6	17	950	23
Wegman's Greek	1 (n/a)	260	19	3.5	6	5	1420	21
Wegman's Harvest	1 (n/a)	610	40	8	9	16	1100	52
Whole Foods Asian	½ (140)	50	1.5	0	3	4	25	7
Whole Foods Caesar	½ (113)	330	10	2	3	15	1090	43
✓ Whole Foods Caesar, Mini	1 (113)	230	7	1.5	2	11	780	31
✓ Whole Foods Caribbean Craze	½ (113)	70	1.5	1	2	6	240	8
✓ Whole Foods Dark Leafy Green Quinoa	½ (113)	190	14	1.5	4	6	135	17
Whole Foods Gallo Pinto Shaker	½ (113)	90	0.5	0	3	4	45	18
Whole Foods Greek	½ (113)	190	17	2	2	2	190	5
Whole Foods Mesclun Goat Cheese	½ (77)	250	15	4.5	3	6	340	26
Whole Foods Wild Winter Shaker	½ (113)	130	4	0	3	4	50	20
WITH POULTRY, MEAT, OR SEAFOOD								
Ready Pac Chicken Caesar	1 (177)	230	16	4.5	1	16	980	8
Ready Pac Italiano	1 (220)	270	20	7	2	15	890	10
✓ Ready Pac Smokehouse BBQ	1 (220)	260	15	4	3	11	570	21
Ready Pac Turkey & Bacon Cobb	1 (205)	290	23	6	2	13	900	7
Trader Joe's Chicken, Avocado & Goat Cheese	1 (410)	560	31	7	15	31	510	38
Trader Joe's Chicken Caesar	1 (297)	510	35	4	4	21	830	27
✓ Trader Joe's Field Fresh Chopped Salad with Grilled Chicken Breast	½ (152)	240	15	3	3	8	115	18
✓ Trader Joe's Honey Glazed Miso Salmon on Salad Greens	1 (276)	330	13	1.5	4	12	430	41
✓ Trader Joe's Lemon Chicken & Arugula	1 (260)	250	6	1	4	13	320	38
Wegman's Asian Chicken	1 (n/a)	560	37	6	6	22	790	32
Wegman's Asian Shrimp	1 (n/a)	900	57	11	6	21	1870	77
Wegman's Chef	1 (n/a)	220	12	6	4	22	660	9
Whole Foods Caesar with Chicken	½ (113)	300	6	2.5	3	25	1220	38
Whole Foods White Bean & Tuna Twist Shaker	½ (113)	130	9	0.5	3	5	300	11

*Includes salad dressing included in salad. Note: pkg=package, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: company websites and food labels.