**Hello, savvy salad maker!**

You probably don’t need reminding of all the health benefits that vegetables provide. But, in case you’ve forgotten, they offer a big dose of vitamins, minerals, fibre and phytonutrients to help keep your body working well.

A great way to get your vegetables for the day is to make one of your meals a salad. When we hear salad, many of us think of boring greens and something tasteless that needs a lot of "dressing up" to make it worth eating. This doesn’t have to be the case.

**Use this five-step guide to make the best salads**

**1: Choose your greens.** There are endless choices of lettuce and leafy greens available – iceberg, romaine, arugula, mesclun leaves, spinach leaves, kale. Experiment with a variety of these to keep salads interesting.

**2: Bulk it up with a variety of vegetables.** From herbs and seeds to mushrooms to tomatoes, the key to exciting salads is trying new things. You will be amazed at how different ingredients improve the taste and texture of your salads.

**3: Choose your protein.** If you’re having salad with your meal, you won’t need to add protein or carbohydrates. However, if it’s going to be your main meal, you’ll need something to make it more substantial and filling. Choose a lean source of protein to include with your salad, such as grilled chicken breast, low-fat feta or ricotta cheese.

**4: Choose your carb.**Adding a starchy carbohydrate to your salad will balance it out and fill you up. Some great options here are couscous, brown rice, quinoa or sweet corn.

**5: Add your dressing.** Dressing brings the salad together and can give that extra punch of flavour. Experiment with homemade dressings as these will be more nutritious than store-bought versions, and remember to use only small amounts to keep the calories down. Choose an olive oil or vinegar-based dressing as this is better for your health than a creamy one.

... and enjoy!