



## Build Your Plate of Life Salad Activity

It's very easy to make a salad a complete meal, follow these steps to create your own Plate of Life salad. Circle your favorite food in each step!

<b>Step 1: Choose your leafy green salad base</b> (vegetable)	Spinach Kale Iceberg Lettuce Romaine Lettuce Arugula	
<b>Step 2: Choose three different color vegetables to add</b> (vegetable)	Red peppers      Radishes Eggplant         Beets Artichokes       Broccoli Green beans     Celery Cucumbers       Green onions Cauliflower      Mushrooms Onions             Carrots Tomatoes         Yellow peppers Red onion	
<b>Step 3: Choose a lean protein</b> (protein)	Eggs                 Tuna (in water) Chicken            Turkey Salmon             Tofu Pork tenderloin Cottage cheese (low fat)	
<b>Step 4: Add a touch of healthy sauce</b> (fat)	Olive oil Light salad dressing Low sodium marinade Low fat yogurt sauce Balsamic vinegar 1 cubed avocado Salsa	
<b>Step 5: Choose your favorite fruit to make it a complete meal</b> (carb)	Apple                Pear Kiwi                  Banana Melon                Strawberries Grapes               Cherries Watermelon        Orange Nectarine            Peach	