







Salad Dressings

Fresh salads are a great way to bulk up your food intake and help you feel full for longer, and salad dressings can help make salads more appetising. But drizzle your salad with too much of the wrong dressing, and you could be adding hundreds of extra unwanted calories! This is because a traditional mayonnaise or creamy dressing can have as much as 100-150cal per tablespoon (20mL) – and we often use more than one spoonful!

Salad Dressing Guidelines			
Energy	Saturated Fat	Sugars	Sodium
Less than 200cal (840kJ) per 100mL	Less than 5g per 100mL	Less than 15g per 100mL	Less than 1000mg per 100mL
Don't let your dressing ruin your healthy salad! Choose lower-calorie dressings and limit to 20mL (1 tbs).	A small amount of fat helps you absorb fat-soluble vitamins, but steer clear of unhealthy saturated fats.	Products with little or no fat usually have sugar added to increase flavour & body.	Sodium adds flavour, but can be a problem if you have high blood pressure.

Lower-Calorie Dressings		
 <p>Birch & Waite Thai Lime & Coriander 20mL = 27 cal</p>	 <p>Birch & Waite Mango, Lime & Chilli 20mL = 31 cal</p>	 <p>Paul Newman's Own Light Balsamic 20mL = 31 cal</p>
 <p>Praise Deli Style French Vinaigrette 20mL = 33 cal</p>	 <p>Praise Deli Style Apple Cider & Honey 20mL = 37 cal</p>	 <p>Praise Deli Style Lime & Chilli Vinaigrette 20mL = 37 cal</p>

Lower-Calorie Flavour Suggestions		
<ul style="list-style-type: none"> ✓ basil ✓ chives ✓ coriander ✓ mint ✓ parsley ✓ rosemary 	<ul style="list-style-type: none"> ✓ chilli ✓ garlic ✓ ginger ✓ shallots ✓ red onion 	<ul style="list-style-type: none"> ✓ lemon juice ✓ lime juice ✓ mustard (all types) ✓ soy sauce (salt-reduced) ✓ vinegar (all types)