

Is Salad Always Healthy?

Enjoying a fresh and light salad on a scorching summer day can boost your appetite and cool you down. However, is salad always healthy? As a matter of fact, there are many types of salads, and it is easy to fall into a health trap if you are not careful enough!

Do garden salads, which mainly consist of green vegetables, contain excessive fat?

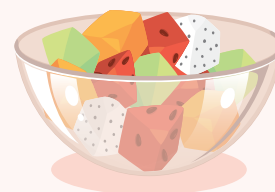
Garden salads mainly consist of green vegetables, along with ingredients such as tomatoes, cucumbers, corn kernels and olives, providing us with dietary fibre and vitamins. Seemingly healthy, however, garden salads actually harbour the risk of weight gain. Every 100 g of salad dressing may contain up to 58 g of fat.¹ If we add 2 tablespoons of salad dressing to a serving of salad, the amount of fat we consume already takes up around one-third of the recommended daily total intake of an adult. Therefore, when choosing salad dressings, we should opt for those lower in fat.



For Every 100g	Fat Content (g) ¹
Caesar Dressing	58
Low-Fat Caesar Dressing	4
Ranch Dressing	51
Low-Fat Ranch Dressing	12
Thousand Island Dressing	35
Low-Fat Thousand Island Dressing	11
Italian Dressing	28
Low-Fat Italian Dressing	6

Do fruit salads, which mainly consist of fruit, contain excessive sugar?

Fruit salads usually contain various fruits, such as strawberries, grapes, apples and oranges. Although fruit, which provides dietary fibre, vitamins and antioxidants, is beneficial to our health, fruit salads soaked in syrup or fruit juice should be consumed as few as possible to avoid excessive sugar intake and hence the risk of obesity. Every 100 g (around two-thirds of a bowl) of a fresh fruit salad (without added sugar) contains around 8 g of sugar, but a fruit salad in syrup can contain 12 g of sugar, taking up about a quarter of the recommended daily sugar intake of an adult.¹ Therefore, when choosing fruit salads, we should opt for those made with fresh fruit.



A Balanced Diet is the Key

In fact, we should pursue a diet with whole grains as staples, complemented by plenty of fruit and vegetables, as well as an appropriate amount of meat, fish, egg and their alternatives, and milk and its alternatives. Only in this way can we achieve a healthy and balanced diet.

¹ Centre for Food Safety