



Get Fit. **Life Tip.** Revamp your salad

We often avoid eating salads because we think that they aren't filling, but the right combination of proteins, carbs, fats and flavors, salads can be a healthy and filling addition to your diet.

- **Start with the base**, instead of iceberg lettuce use romaine lettuce, spinach, mixed greens and arugula to increase the potassium value.
- **Veggies** make salads colorful and provide a lot of fiber, minerals and vitamins. The fiber from the vegetables will help you stay fuller longer. You can add anything from peppers to radishes and cauliflower to zucchini... the combinations are endless.
- **Proteins** add essential minerals to your diet. Mix in grilled chicken, fish, steak, shrimp, hard-boiled eggs, grilled tofu, chick peas or any other lentil. Try to avoid eating fried proteins and fatty cuts.
- **Add a twist** and throw in some oranges, apples, berries or any other **fruit** to add a new flavor and texture to your salad.
- **"Extras"** are what often make salad go from being healthy to unhealthy. Extras like low fat cheese, nuts (walnuts, peanuts, pecans, etc.), dried fruit and avocado are full of nutrients but they also come with a high calorie tag. "Extras" are okay in moderation, just make sure that your not only tastes good but is still good for you.
- After you have all of your leafy greens, vegetables, protein and "extras" don't drown the salad with a creamy **dressing** (aka high in fat and calories). Instead stick to a basic vinaigrette (oil and vinegar) or a low-fat, low calorie store bought version.

Share a picture of your favorite salad or the recipe on the Get Fit with Bill Witte Facebook Page.

Don't forget to sign up for the Charity Get Fit class on October 16th! www.bwittegetfit.com

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