

## Medical Minute



I know this will be a shock to all of you....but I do occasionally (rarely) eat a salad. Yes, you read that right. I will have some of that green stuff in a bowl, but none of the stuff that looks like you went out and picked the leaves from your weeds in your yard! The most exotic lettuce I eat is Romaine, but I really prefer Iceberg which has absolutely no health benefits. And to add insult to injury, I will say that I probably put more salad dressing on my salad than I should. So ultimately, I am sure that my salad is probably, in the long run, totally unhealthy and even bad for me. Too much fat, too much sugar...too bad.

The ancient Egyptians were happy with a drizzle of olive oil and vinegar, but not Barb! Nope, give me several tablespoons (or ¼ bottle) of creamy Ranch, 1000 Island, or Honey Mustard. None of this fat-free stuff either! But not all is lost for you who eat a lot of salads. It can be a very healthy part of your meal or your entire meal if you choose when you pick healthier dressings. Some people even eat a salad with nothing on it, or a bit of lemon juice. I say “ick”, but some say “Yum”. Those fat-free dressings are not all they are cracked up to be either. Typically, more salt and/or sugar were added to make up for the missing fat.

Fortunately for you health conscious people, salad dressings fill almost half a grocery store aisle with a diverse array of creations, so it's possible to enjoy a veggie-filled salad topped with a delicious dressing that won't clog your arteries, raise your blood sugar, or add 5 lbs. around your waist. So bring your magnifying glass to read the label keeping an eye on salt and sugar, and calories, compare brands, and use only about 2 tablespoons of dressing on a salad (yea, right). If you have chosen wisely, you will be enjoying a healthy delicious bowl of green stuff!!