



Salad Is Even Healthier Than You Thought

Eating just one salad a day provides even greater health benefits than previously thought.

This comes from a new study that, examined salad consumption by more than 17,000 adults. The study, conducted by the UCLA School of Public Health and Louisiana State University Health Sciences Center, supported by The Association for Dressings & Sauces, revealed that those who eat salads and raw vegetables with salad dressing have considerably higher levels of vitamins C, E, B6, and folic acid—key nutrients in promoting a healthy immune system and reducing the risk of obesity, heart disease and other chronic illnesses.

“Eating a salad a day is a convenient way to easily improve your nutritional status,” said Dr. Lenore Arab, professor of epidemiology at UCLA School of Public Health and lead researcher of the study, titled “Salad and Raw Vegetable Consumption and Nutritional Status in the Adult US Population”. “Just one salad daily helps to satisfy the 2005 Dietary Guidelines for Americans, which recommends eating two and a half cups of vegetables each day for a 2000-calorie diet.”

According to the study, less than 50% of the US population meets the daily recommendation for vegetables necessary for healthy living. Americans do not get enough of the water-soluble vitamins of which salads are a rich source. The raw vegetables in salads also offer the added benefits of fiber for better digestion and antioxidants for boosting immunity.

Interestingly, clinical trials have shown that adding salad dressing to a salad not only adds a delicious flavor, but also increases the absorption of certain nutrients being consumed. “It’s not just the leafy greens and vegetables that are doing a body good,” said Arab. “Some fat can also enhance the absorption of nutrients such as lycopene and alpha- and beta-carotene.”

The findings of this study are consistent with the government’s new push for more fruit and vegetable consumption. Though it’s already known that salad was a healthy meal option, the bottom line, according to the UCLA study - eating one salad a day is a simple way to live a healthier lifestyle.

The study has been published in the September issue of the Journal of the American Dietetic Association. For more information, visit <http://www.saladaday.org>.

The Association for Dressings and Sauces is an international trade association representing the manufacturers of salad dressings and condiment sauces and the suppliers to the industry. For more information, visit our website at <http://www.dressings-sauces.org>.

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