

Salad : tasty & nutritious / designed and produced by Compass Group UK and Ireland's Design Centre.

Contributors

Compass Group. UK and Ireland.

Publication/Creation

[Place of publication not identified] : Compass Group UK, 2005.

Persistent URL

<https://wellcomecollection.org/works/gs3jn7rc>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



BALANCED CHOICES

Salad, tasty & nutritious!...



When the weather warms up, cool crunchy salads are especially inviting. And there are lots of nutritious and tasty salad ingredients to choose from.

It's important to eat plenty of fruit and veg, including salads, because this can help prevent heart disease and some types of cancer, as well as benefiting our general health.

We should try to eat at least five portions of a variety of fruit and vegetables every day. A dessert bowl of salad is one portion and if you have a big mixed salad containing lots of vegetables, this could count as more than one.

So for a delicious, healthy choice this summer, take the opportunity to mix up some super salads.



Tomatoes

The Spanish carried tomato plants back to Europe, but it took some time for them to be accepted in Spain because it was thought that they were poisonous. Tomatoes make fantastic salads, either on their own with a simple dressing, or mixed with other ingredients. Cherry tomatoes are also delicious roasted in the oven and served warm in a salad.

Nutrition

Tomatoes are rich in vitamin C and they contain vitamins A and B, potassium, iron and phosphorus. They also contain a substance called lycopene, which is the pigment that makes tomatoes red. Research suggests that lycopene may help to protect against some diseases, including cardiovascular disease and some types of cancer, such as prostate cancer.

Serving suggestion

Mango, tomato and red onion with a spicy dressing.

Lettuce

Lettuce has been around for thousands of years and not just in the kitchen. In ancient Egypt, lettuce was sacred to the fertility god Min and considered to be a powerful aphrodisiac. But the ancient Greeks and Romans thought it helped you to have a good night's sleep.

Today, there are literally hundreds of different varieties of lettuce grown throughout the world. Summer is the perfect time to tuck into British-grown varieties such as cos, Webb's, iceberg and little gem.

Or try loose-leafed lettuces such as lollo rosso or oak leaf. These have a fuller flavour and deeper colour than round lettuces.

Nutrition

All types of lettuce are low in calories and most of them contain vitamins and minerals including calcium, iron, potassium, vitamin C, folate and antioxidant nutrients called carotenoids. The darker varieties tend to contain the most nutrients.

Serving suggestion

Rocket, pear slices and pecan nuts.





BALANCED CHOICES

Salad, tasty & nutritious!...

Cucumber

The cucumber is another terrific salad vegetable, which people have cultivated for thousands of years. Although cucumbers are available all the year round, the peak crop is from May to August.

Nutrition

Like many other salad vegetables, cucumber is very low in calories. It's mainly made up of water, which means it's refreshing to eat in hot weather. It also contains small amounts of calcium, phosphorous and potassium.

Serving suggestion

A classic Greek salad with chunks of cucumber, tomato, feta cheese and black olives.



Avocados

Avocados are classified as fruit, but they are usually eaten in savoury meals. They make delicious salads and go especially well with smoked fish and seafood.

Nutrition

Avocados contain lots of vitamins and minerals, including vitamin E, potassium and vitamin B6. They are also high in monounsaturated fatty acids, which can help to lower cholesterol levels in the blood. So, avocados are a healthy choice, but because they contain more fat than most fruit and veg, try not to eat them too often. Half an avocado counts as one portion of fruit and veg.

Serving suggestion

Slices of avocado and tomato, prawns and lettuce leaves.

Other ideas

Try adding some fruit to salads for a tasty combination of sweet and savoury. Mix baby spinach leaves with thin slices of orange and some pine nuts. Liven up plain salad leaves by adding slices of fresh fig or pear, walnuts and some crumbled blue cheese. Or try making a salad with grated carrots, raisins and orange segments.

You can also make some great dressings at home. To start with, try a vinaigrette. Mix some red wine vinegar, mustard and chopped shallots in a small bowl, then add some olive oil. To spice up a basic dressing, try adding ground cumin, caraway seeds or paprika.

Fresh herbs such as parsley, thyme, tarragon, chives, chervil and basil can add terrific flavour to dressings.

Go easy with the mayonnaise and ready-made salads that are coated in mayo (such as coleslaw), because these are high in fat. Try using low-fat plain yoghurt instead.

