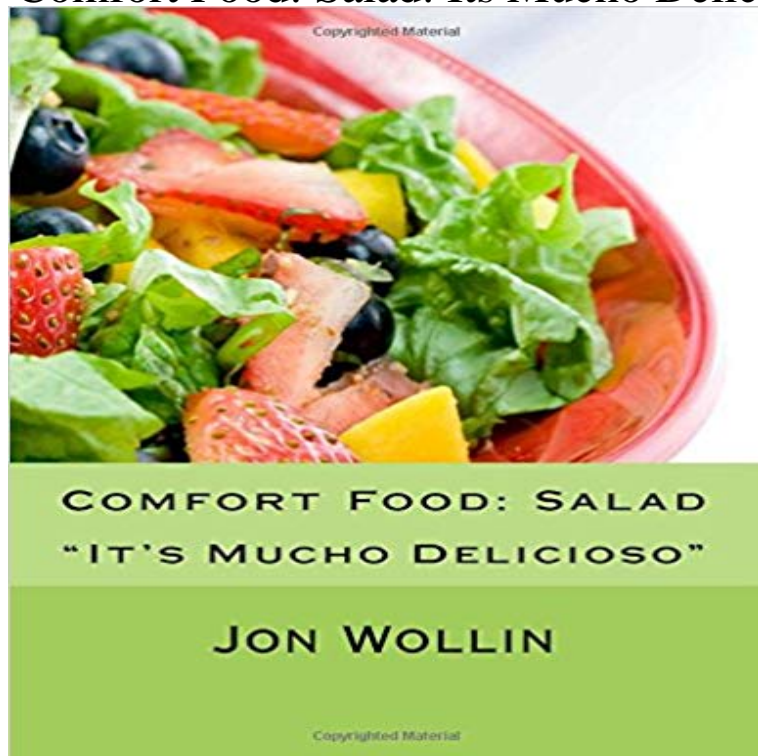


Comfort Food: Salad: Its Mucho Delicioso



Eating a salad before your meal may help reduce your total energy intake during that meal, which can be beneficial for weight loss and healthy weight management. By eating a salad before a meal can reduce your caloric intake during the meal and over the course of the entire day. Eating a salad first may also help boost vegetable consumption by twenty three percent. Though salads are typically served before meat at mealtime, you dont have to eat your salad first. In fact, eating meat before salad may help boost your dietary protein intake. However, be sure to choose lean meats and include plenty of vegetables in your daily meal plan because the fiber found in salads and other vegetables is just as important as protein in your diet. The word salad comes from the French salade of the same meaning, from the Latin salata (salty), from sal (salt). In English, the word first appears as salad or sallet in the 14th century. The United States popularized mixed greens salads in the late 19th century. Salads including layered and dressed salads were popular in Europe since Greek imperial and particularly Roman imperial expansions. Several other regions of the world adopted salads throughout the second half of the 20th century. From Europe and the Americas to China, Japan, and Australia, salads are sold in supermarkets, at restaurants and at fast food chains. In the US market, restaurants will often have a Salad Bar laid out with salad-making ingredients, which the customers will use to put together their salad.

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