

# salad bar FAT TRAPS

DON'T LET YOUR "HEALTHY" LUNCH BECOME YOUR DIET DOWNFALL

## CAESAR SALAD

Just two tablespoons of Caesar dressing will set you back at least 10 grams of fat.

## PLAIN LETTUCE

A good start, but not the best. Go for fresh spinach or shredded cabbage for more fiber and vitamins.

## CHEDDAR CHEESE

A sprinkling (2 Tbs) adds 114 calories and 9 grams of fat.

## CROUTONS

Watch the size. Large croutons indicate they may be homemade (read: deep-fried).

## BACON BITS

No protein, no fiber, no nutrients—but a gram of fat in every 0.1 ounce. Worth it?

## COTTAGE CHEESE

Full-fat cottage cheese packs 109 calories and 5 grams of fat per half cup. Buy the low-fat instead and save 40 calories.

## TOMATOES & CUCUMBERS

Watch out for too much oily dressing—a tablespoon packs about 4 grams of fat.

## CARROT RAISIN SALAD

A nutritional winner, offering beta-carotene and iron, but hold the oil.

## TUNA SALAD

A half cup of tuna salad costs you 19 grams of fat. Make it yourself, sans the high-fat mayo.

