



Useful nutrition tips from  
Natalie Greene, RD

## Dressing: to Dress or Undress ?

We all know salads taste better dressed than undressed. How many calories are worth the taste? Can we get the flavor we are looking for with less calories ?

Calories in Salad Dressing- all based on a 2 tbsp serving:

Ranch- 110, Lite-77, Fat Free- 48  
Italian- 109, Lite-37, Fat Free- 20  
Caesar-100, Lite-70, Fat Free- 40  
Honey Mustard-120, Lite- 80, Fat Free-20  
Balsamic,Vinaigrette-110,Lite-50,Fat Free-20

Go for the Fat Free ! If you hate the taste ...go for the lite, you'll be saving almost 1/2 the calories and you will still enjoy your meal !!!

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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