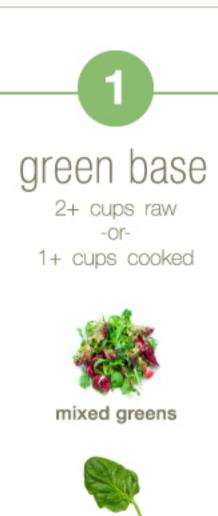


Building a Better Salad

Salads can be satisfying! NorthShore shares simple ways to create a hearty, delicious and nutrient-packed salad.

Follow the directions below to build your perfect salad.

(One large serving - typically enough for a whole meal)



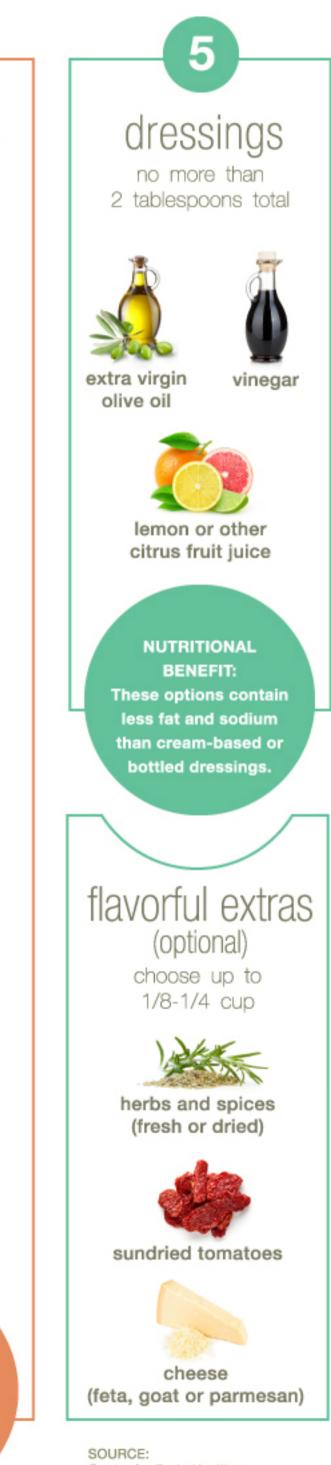












SOURCE: Center for Brain Health at NorthShore Neurological Institute