



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 5/22 - May is National Salad Month

The Association for Dressing and Sauces created National Salad Month in 1992. The goal is to encourage people to include more salads in their daily diet. That's a great habit. Just watch what goes into that salad and what kind of dressing you use.

### A Short History of Salad

#### 4th Century BC A legend raved about leafy greens

- Aristotle wrote about the health benefits of Swiss chard.



#### 1504: Salad joined the art world

- Leonardo da Vinci was the first artist to paint salad. His piece, "Leda," depicted the goddess of fertility holding a bouquet of lettuce. Lettuce was thought to be an aphrodisiac.



#### 1894: When lettuce met ice

- Iceberg lettuce was developed as a solution to long distance transportation issues related to other types of lettuce.



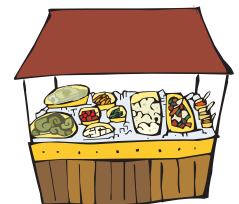
#### 1924: The birth of a legend

- Caesar Cardini, an Italian chef, created the Caesar salad - but his version omitted anchovies and only permitted the use of Italian olive oil.



#### 1939: Step up to the bar

- A restaurant in Chicago opened the very first salad bar.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Salad Dressings

Salad is the original health food, full of vitamins and nutrients and ideal for a healthier lifestyle. However, salad dressings often contain lots of sugar and harmful chemicals. Whether you're eating your leafy greens as an entrée or on the side, make sure you're getting what you bargained for health-wise.

Aside from the greens, the dressing is arguably the most important ingredient in a salad. It enhances flavor and adds moisture to the veggies. Most people would turn down a salad without dressing, and there are hundreds of brands to choose from. That vast choice can pose a problem.

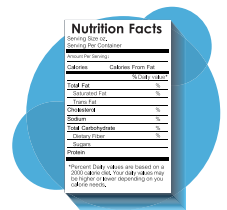
Many dressings found in the grocery store use color additives such as titanium dioxide, which can damage DNA. The European Food Safety Authority has ruled it unsafe for human consumption. The FDA has not. Other additives frequently found in salad dressings are the synthetic dyes Red 40 and Yellow 5, both of which have been shown to make children vulnerable to hyperactivity and other behavioral problems.

Packaged dressings are also often full of preservatives, sodium, high fructose corn syrup and other hidden sugars. Potential health concerns caused by these ingredients can be compounded by using more dressing than the recommended serving size – something many of us do without realizing.

When you buy salad dressing, look for organic choices. Organic foods must comply with strong standards that protect consumers from exposure to potentially harmful food additives. They also have fewer highly processed ingredients and less saturated fat, added sugar and sodium.

## Making Salad Dressing at Home

If you want to avoid store-bought dressing altogether, make it at home. It really isn't that difficult. Most dressings start with two ingredients: an oil, like olive or vegetable, and an acid, like vinegar or lemon juice. Here's a simple vinaigrette recipe that uses apple cider vinegar. Apple cider vinegar (ACV) is also an excellent marinade for all types of meat and seafood. This simple recipe takes all of 5 minutes to prepare. Give it a try.



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## Ingredients

- 1/4 cup apple cider vinegar (When shopping for ACV, look for a brand that's unpasteurized with "the mother" included. This is where all the nutrients are. We recommend Bragg's apple cider vinegar. It's organic, raw and the best of the best.)
- 1/2 cup olive oil (The neutral flavor of olive oil helps to balance the tartness of the apple cider vinegar and gives the dressing some healthy fat.)
- 2 teaspoons Dijon mustard (adds zest to the dressing and acts as an emulsifier.)
- 1 tablespoon garlic (preferably minced, not powdered)
- 1 teaspoon sea salt (more if needed)
- 1/2 teaspoon freshly ground black pepper (more if needed)



## Instructions

**Whisk to combine:** Whisk together all ingredients in a small bowl until combined. Or add all ingredients into a mason jar and shake to combine. Taste and add more salt and pepper if needed.

**Store:** Store the vinaigrette in an airtight container in the fridge for up to 1 week. If the olive oil becomes solid (this is normal), simply let the dressing sit out on the counter for 10-15 minutes and then whisk or shake to combine and serve.

**Blender option:** If you want the dressing to be fully emulsified and the garlic to be totally chopped, you can add everything to a blender and blend until smooth.

## Bottom line

Do you need to change your eating habits? Are you interested in turning over a new leaf? Give Elite a call. Besides offering expert nutritional counseling, we can provide you healthy and delicious recipes like the one above.



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