

BottomLine health

WELLNESS STRATEGIES FROM THE WORLD'S LEADING MEDICAL EXPERTS

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Most Healthful Store-Bought Salad Dressings

That nutritious salad you carefully create with dark-colored lettuce and brightly colored vegetables can easily turn into a high-fat nutritional disaster if you choose the wrong salad dressing.

Here are three nutritious options...

Annie's Naturals TUSCANY ITALIAN

Nutritional breakdown per serving
(2 tablespoons):

80 calories...7 g fat...0.5 g saturated fat...0 g trans fat...240 mg sodium.

Ken's LITE COUNTRY FRENCH

Nutritional breakdown per serving
(2 tablespoons):

100 calories...6 g fat...1 g saturated fat...0 g trans fat...230 mg sodium.

Wish-Bone Salad Spritzer ASIAN SILK SESAME GINGER VINAIGRETTE

Nutritional breakdown per serving
(10 sprays, equal to about one
tablespoon):

10 calories...0.5 g fat...0 g saturated fat...0 g trans fat...100 mg sodium.

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