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# SALAD DRESSING

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Is having it served on the side enough?

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## What's Really in That Little Cup of Dressing?

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According to the USDA Nutrient Database, a 1/4 cup of regular commercial ranch dressing contains...

- 253 calories
- 27 grams of fat
- 3 grams of sugar
- 541 milligrams of sodium

A quarter cup of Caesar salad dressing is even worse, with...

- 318 calories
- 34 grams of fat
- 2 grams of sugar
- 710 milligrams of sodium

## Dump, Dunk, or Dip?

**Dumping** happens when a person takes the entire cup of dressing and dumps it on the salad. Those cups look small, but they usually contain about ¼ cup of dressing.

Another approach to dealing with dressing is **dunking**. This is done by dunking the forkful of salad into the dressing before you eat it. This way, you only get a small amount of dressing on the lettuce.

A third method for eating dressing on the side is **dipping**. This method is often recommended by healthful eaters, and is done by dipping the fork into the dressing before using it to pick up the salad ingredients. By dipping, you get just the small amount of dressing that sticks to the fork tines with each bite. Dipping allows the flavor to come through without as much fat or calories per bite.

