

Does Having a Salad Help in Weight Management?

As a weight management strategy, most nutrition experts agree that along with regular physical activity, people should keep tabs on their portion sizes to help them manage the number of calories they consume.

Researchers from The Pennsylvania State University recently examined whether eating a salad as a first course had any effect on intake of the main meal. The results of the study of 42 women showed eating a large salad (3 cups), compared with not having a first course, reduced the women's meal energy intake by 12 percent. The researchers concluded: "Consuming a large portion of a low-energy-dense food at the start of a meal may be an effective strategy for weight management."

In addition to calorie control, three cups of salad provide at least three servings of vegetables. Salads can help make it easy for people to reach the recommended goal of three to five servings of vegetables per day.