



# The American Journal of CLINICAL NUTRITION

*What could be more healthful than a big green salad topped with nonfat dressing? The answer is... that same salad but with full-fat dressing!*

*Eating fresh vegetables with a little fat, such as oil-based salad dressings or cheese, helps the body absorb valuable nutrients found in vegetables, such as lycopene and beta-carotene.*

*In contrast, eating a salad without any fat in it may deprive your body of these healthy nutrients, known as phytochemicals.*

*In the study, which appears in the American Journal of Clinical Nutrition, researchers compared nutrient absorption after eating salads with varying levels of fat [1].*

*Seven healthy men and women ate salads of spinach, romaine lettuce, cherry tomatoes, and carrots topped with Italian dressings containing 0, 6 (0.2 ounces), or 28 grams (almost 1 ounce) of canola oil on different occasions during a 12-week period. Hourly blood samples were taken for 11 hours after the meal and tested for nutrient absorption.*

*The study shows that only negligible amounts of alpha- and beta-carotene and lycopene were detected in the blood after eating a salad with fat-free dressing. More of these substances were detected in the blood after eating salads with reduced-fat dressing or full-fat dressings.*

*Source: [www.thefactsaboutfitness.com](http://www.thefactsaboutfitness.com)*