



Healthiest Low-Sodium Salad Dressings

Adapted by Jordan Mazur, M.S., R.D., Coordinator of Nutrition and Team Sports Dietitian for the San Francisco 49ers.

Newman's Own Sesame Ginger Dressing

- **Why it's healthy:** Looking for some Asian inspired flavor? Look no further. This low-fat option is much healthier than typical sesame ginger dressings.
- **Nutrition (2 Tablespoons):** 40 calories, 3g fat, 125mg sodium, 3g sugar

Tessemae's Organic Classic Italian

- **Why it's healthy:** This Italian dressing is made with real, clean ingredients. Don't worry about its fat content: It's made with high oleic sunflower oil, which is a healthy fat.
- **Nutrition (2 Tablespoons):** 160 calories, 18g fat, 140mg sodium, 0g sugar

Brianna's Champagne Vinaigrette

- **Why it's healthy:** A flavorful variation on the standard vinaigrette, this dressing adds champagne vinegar, honey, Dijon mustard, and crushed capers to dress up your salad without blowing your macros.
- **Nutrition (2 Tablespoons):** 160 calories, 15g fat, 105mg sodium, 4g sugar

Annie's Naturals Lite Honey Mustard Vinaigrette

- **Why it's healthy:** Annie's Naturals Lite Honest Mustard Vinaigrette is made with all-natural ingredients. This tangy dressing is a lighter version of classic honey mustard dressing, so you get all the flavor without all the calories.
- **Nutrition (2 Tablespoons):** 40 calories, 3g fat, 125mg sodium, 3g sugar

Marie's Yogurt Ranch

- **Why it's healthy:** The most popular dressing can also be the unhealthiest. Attention ranch dressing lover's: this is one that you won't feel guilty indulging in. Made with low-fat yogurt, it cuts the calories and fat in half of traditional ranch dressings.
- **Nutrition (2 Tablespoons):** 160 calories, 15g fat, 105mg sodium, 4g sugar