



Healthy Lifestyles

Salads give meals a healthy boost during winter months

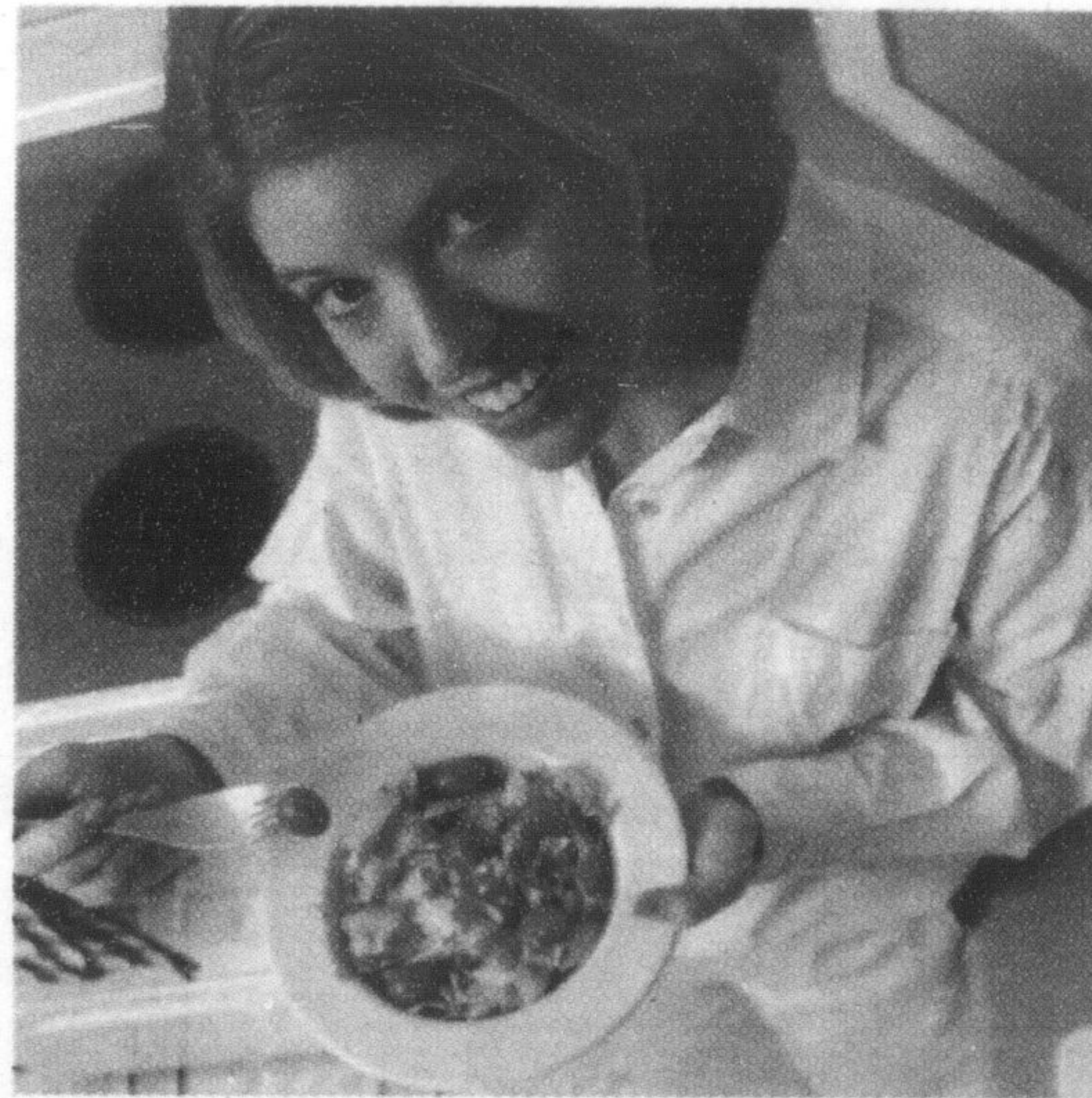
(NC)—Whether you prefer leafy greens or crunchy cabbage, eating salad is the perfect way to add valuable nutrients to your diet during the cold winter months.

In fact, a recent Leger Marketing survey conducted on behalf of Renée's Gourmet, the Canadian leader in refrigerated salad dressings, showed that Canadians enjoy salads all year round and 60 per cent eat salad at least three times a week.

And of course, where would salad be without the dressing? According to ACNielsen data from March 2004, total sales of salad dressings were over \$190 million, and fresh refrigerated dressings, those sold in the produce department, are a major contributor with a growth of 12 per cent over last year, doubling the growth rate of shelf stable dressings.

The survey also found:

- Western Canadians eat the most salads, with 66 per cent of Albertans and 63 per cent of British Columbians consuming salad at least three times per week
- Cut veggies are the most popular salad topping (56 per cent), followed by cheese (31 per cent) and croutons (22 per cent)
- Canadians' favourite salad dressing is Ranch



• Nearly one-third (32 per cent) of Canadians use fresh refrigerated dressings, and Canadian-owned Renée's Gourmet is the market leader in refrigerated salad dressings category

For recipes, tips and salad ideas, visit www.renees.com

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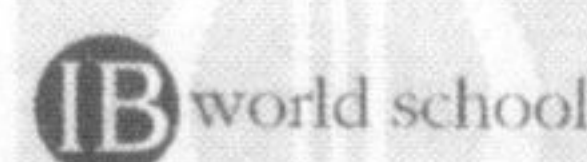
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