If there’s one thing experts agree on, it’s that we should eat more vegetables. But sometimes it’s hard to come up with a new, interesting, and easy dish. Eat Smart to the rescue. Its Sweet Kale Vegetable Salad Kit “contains 7 superfoods,” as the label says. That would be broccoli, brussels sprouts, green cabbage, kale, chicory, dried cranberries, and roasted pumpkin seeds.

Your job: toss with the packet of poppyseed dressing and serve. And enjoy. The mild sweetness of the dressing is a perfect complement to the sharper-flavored veggies. And these aren’t just any vegetables. You’re talking nutrient-rich leafy greens and their cruciferous cousins.

Each 3 oz. serving of dressed salad (1 cup) has 150 calories, 2 grams of fiber, 70 percent of a day’s vitamin C, and 20 percent of a day’s vitamin A. Sodium? Just 150 milligrams.

Taylor Farms Sweet Kale Salad Vegetable Salad Kit, which is sold at some Costco stores, is virtually identical.

For variety, try Eat Smart’s Ginger Bok Choy Vegetable Salad Kit—sugar snap peas, carrots, napa cabbage, broccoli, bok choy, red cabbage, and peanuts with a ginger sesame dressing. Mmm.

Okay, there’s no guarantee that either salad’s “superfoods” will ward off illness. But they are super nutritious and super delish.

Who said it’s hard to eat more veggies?

eatsmartsalads.com—(800) 626-2746

“The Häagen-Dazs Dazzler is the ultimate portable three-scoop sundae!” boasts the online description. “We take three scoops of ice cream, add a layer of topping between each scoop and put it into a large cup for a sundae that is truly decadent.”

Just what we need: a large plastic cup filled with sugary, fatty ice cream layered with things like sugary, fatty cookie pieces, whipped cream, and hot fudge or caramel sauce that we can carry around the mall, swallowing calories as we shuffle along.

And not just a few. With the Banana Split, Mint Chip, or Rocky Road Dazzler, you can polish off 1,080 to 1,180 calories by the time you’re a dozen stores past the eatery. (If you order the Dulce Split Dazzler and its 1,340 calories, make sure you stop on your way out of the mall for some pants with an elastic waist.)

Are Dazzlers convenient or what?

You get all your saturated fat for the next two days (44 grams) in one Mint Chip. A 10 oz. ribeye steak with a baked potato from Outback Steakhouse has about the same calories and sat fat...if you top the potato with half a stick of butter.

The other Dazzlers chip in roughly 35 grams of sat fat. And don’t forget the added sugar. (Apparently, Häagen-Dazs has. The company wouldn’t even tell us how much total—added plus naturally occurring—sugar is there.)

Can’t pass Häagen-Dazs by? Get the smallest size frozen yogurt or sorbet. It still has too much sugar, but at least the calories stop at about 150 per half cup.

Better yet: skip the phony-Scandinavian-name feedlot entirely.

haagendazs.com/Shops—(800) 767-0120

At the salad bar, make sure that the hot foods are good and hot (look for steam) and that the cold foods are refrigerator cold. Anything in between is a breeding ground for potentially nasty bacteria.