

6 Common Salad Mistakes You Could Be Making

Summary: *The next time you go to buy or make a salad to be healthy, make sure you don't make one of these 6 common salad mistakes.*

Salads are a common lunchtime choice, especially when it comes to those making and bringing their own food to work. However, did you know most people make at least one or more salad-faux pas that cause them to suffer through a sub-par lunch or eating something that isn't as healthy as they thought? If this sounds like you, here are six common salad mistakes you could be making and how to fix them.

1. **You're using the wrong dressing.** This is a very common mistake, especially for those who don't really like eating their veggies. Using too much dressing and/or choosing high-fat or high-sugar dressings can make eating a salad less healthy than grabbing a burger. Check the nutrition label of your dressings before purchasing, or even try making your own at home.
2. **Your toppings are boring.** Do you ever sit down to your lunch with a big sigh, wishing you were eating anything else? Make your salad more exciting by mixing up the toppings. Consider adding things like roasted Brussels sprouts, butternut squash, chopped beets, or pumpkin seeds.
3. **You're only using greens.** Sure, most salads have a base of greens, but try mixing things up every once in a while. Consider making a salad with roasted or steamed vegetables as the base, like broccoli or Brussels sprouts, and including cooked grains like couscous or quinoa.
4. **You aren't separating the dressing.** If you're dressing your salad the night before or morning of, chances are you end up with a soggy mess when lunchtime rolls around. Try packing your dressing separately (or keeping some in the fridge at work) to make your veggies crisper when it comes time to eat.
5. **Your salad isn't enough.** Nothing is worse than feeling deprived after eating your lunch. Make sure your salad is healthy but filling by including a protein, such as fish or chicken, as well as healthy fats and carbs like nuts, seeds, quinoa or rice.
6. **It's not fresh enough.** Do you ever grab your salad from the fridge to find that the lettuce is wilted? Try squeezing fresh lemon juice over your salad before eating. You'll be surprised how the acidity helps freshen the greens and adds a great flavor to your salad.