

Salads, in general, are nutritious, healthy, and low in calories and fat. However, depending on what we put on our plates, we will either gain or lose weight.

As a result, we'll learn how to tell what kinds of salads are good and which aren't.

Finally, I'll tell you which salads you should avoid.

Before I go any further, I'd like to invite you to subscribe if you're interested in learning more about how to live a healthy, energetic, and joyful life!

How are the salads that you should eat to lose weight?

You already know what the best salad is: one with vegetables, protein, and a small amount of olive oil. Mix tender sprouts or lettuce with tuna, egg, corn, mushrooms, and a drizzle of olive oil for a tasty salad. Cooked vegetables, such as green beans, with tomato, egg, onion, and oil are another option.

Seafood with vegetables or asparagus with vegetables are two options to highlight. Fruit salads are also high in nutrients. Salads will be healthy in general if:

You don't add crunchy toppings like croutons or fried onions to your healthy salad because they will ruin it in an instant. Although they appear to be harmless due to their small size, they are caloric bombs because they are fried carbohydrates.

You don't add pasta. Many people, like croutons, believe that eating a "pasta salad" dinner is healthy and light. No, friend, if you want to lose weight, you should avoid pasta because it is high in carbohydrates, which you do not need right now. Green leafy vegetables, such as spinach or lettuce, should form the foundation of your plate.

You have control over the nuts: they go well with the salad, but you must limit your intake. A handful of 30 grams of walnuts (roughly 4-6) contains 180 calories, with 3/5 of those calories coming from fat (good, yes, but fat after all).

You choose the right dressing: Olive oil, vinegar, or lemon juice are all excellent choices. Prepared sauces and dressings should never be used because they are high in calories and fat. Furthermore, they are unhealthy, as they are high in processed foods, sugar, and salt. So, forget about the famous 'Caesar salad'.

You don't go overboard with the salt. A common blunder is to use too much salt in the salad (which will cause you to bloat and retain fluid) and to use different types of cheese (loaded with calories and fat).

What foods do healthy salads have to carry?

If you want to lose weight, you'll know what foods are healthy and good to put in a salad by now. Just in case you forgot:

Legumes. In the summer, chickpeas or lentils are good options because they can be eaten cold salted.

Vegetables: You may have as many as you want. Broccoli, cauliflower, lettuce, spinach...

Eggs: A boiled egg will provide the salad with that filling.

Nuts: They are, as we previously stated, recommended, but with caution. Just a few nuts would suffice.

Fish, such as salmon and tuna.

Lean meat, such as chicken or turkey (if it is not cold cuts, better).

Olive oil: in small quantity, yes.

Spices, like pepper Open bar.

What salads should we avoid?

If we want to lose weight, we must stay away from any salad that does not meet the above criteria. That is, anything containing pasta, rice, sauces, bread, and cheese... All of this adds up to a caloric value of over 500 calories, which is nearly the same as a hamburger.

Many people make the mistake of assuming that just because it's a "salad," it's healthy in and of itself, when the reality is often quite the opposite.

As a result, any option that combines vegetables, legumes, and protein is the best option (egg, fish or lean meat). There isn't any more.

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