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# **6 Salads Worse Than a Whopper!**

A lot of people when they are trying to be healthy order a salad when they go out to eat. That might sound healthier than a burger but it turns out, it may not be. Here are the six worst salads you can order when you go out to eat.

Maybe your kids are screaming for fast food. Or your partner is dying to hit the local rib joint. Or your company is holding its employee appreciation lunch at Fat Joe's House of Lard. Regardless, you're trying to watch your weight. So what do you do when the waitress slides a greasy menu into your hands? Easy. Just order the salad. And if your family and friends tease you for ordering the "wimpy" food? Well, that's the price you pay for cutting calories, right?

Just one problem: All the discipline, self-deprivation, and scorn you suffer at the hands of your peers might be for naught. Because at many restaurants, the salad is just about the unhealthiest thing on the menu.

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