

## Dress Up Your Burger with Good Health



Instead of a **tomato slice**, try a slice of **grilled pineapple!** This will add some sweetness and has twice the potassium of one tomato slice.

Instead of **mayo**, try spreading a **little non-fat plain Greek yogurt mixed with a packet of dry ranch dressing mix or onion soup mix** (16oz of yogurt to one packet). Great added flavour while reducing the fat and increasing the protein content.

Instead of **cheese**, try spreading a **slice of avocado** on your bun. Avocado has the same rich, creamy texture of cheese and are a great source of monounsaturated fats and vitamin E!

Instead of **pickles**, try **pickled jalapenos** for an added kick! Pickled jalapenos aren't as spicy so great for more sensitive palates and one serving of pickled jalapenos has about 100mg less sodium than a serving of dill pickles.

### Why a Green Salad is Best

- High in fiber – eating a high fiber diet can help lower cholesterol levels and help you to feel full on less food.
- Helps you reach your daily fruit/vegetable intake goals – everyone should eat 5-10 servings of fruits and vegetables every day for optimal health. A green salad can knock off 2-3 servings in one sitting!
- Helps to protect your heart – using romaine lettuce can help you to get up to 40% of your daily needs of folate. Studies have shown that the higher the level of folate in a person's diet, the lower the risk of stroke and cardiovascular disease.
- Try using spinach, romaine and red lettuce together to get tons of vitamin A and other carotenoids which are known to benefit your vision!



### Other Healthy Burger Topping Ideas:

- Veggies (spinach, lettuce, green peppers, onions)
- Salsa
- Mustard (watch for sodium!)
- Broccoli slaw
- Sauteed mushrooms and onions
- Pickled beets
- Watercress or arugula
- Sharp/old cheddar cheese (the strong flavour means you can get the same flavour with a smaller amount)

Sources: [www.eatingwell.com](http://www.eatingwell.com), [www.self.com](http://www.self.com), [www.besthealthmag.ca](http://www.besthealthmag.ca)