

# CLEAN IT UP

## DRESS UP YOUR BURGER WITH GOOD HEALTH

Make your burger healthier by piling on the fresh veggies. You may even want to try using just half a bun and replacing the top with vegetables covered by a lettuce leaf.



### SWAP HOW YOU TOP

- Instead of **bacon** try a slice of **grilled pineapple**. It will cut back on saturated fat and cholesterol and add a unique sweet taste.
- Instead of **mayo**, try spreading a **little 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 is a great source of monounsaturated fats and vitamin E!
- Instead of **fried onions**, try **pickled jalapenos** for an added kick! Pickled jalapenos aren't as spicy making them great for more sensitive palates.



### Ditch the Fries and Pair it with a Green Salad!

- ✓ 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 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!

### Healthy Burger Topping Ideas:

- Veggies (spinach, lettuce, green peppers, onions)
- Salsa
- Mustard (watch for sodium!)
- Broccoli slaw
- Sautéed mushrooms and onions
- Pickled beets
- Watercress or arugula
- 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)