



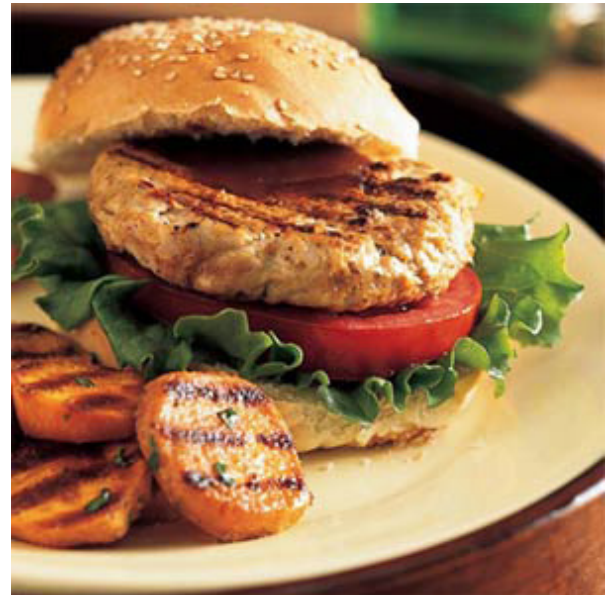
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WELLNESS WEEKLY

Building a Better Burger

It is Summer time which means it is time to Fire up the grill for hamburgers! But did you know that even though grilling is a healthier form of cooking; your hamburgers can still be loaded with extra calories and fat! But don't worry; listed below are ways you can build a healthy burger with a few simple tricks and substitutions:

1. Use ground turkey meat instead of ground beef and make sure your burger is only 1/4 of a pound. For beefy flavor minus the fat and cholesterol, try bison (also called buffalo). If you season up the meat, your taste buds won't know the difference.
2. Instead of going for a massive bun or Kaiser Roll with a whopping 210 calories, switch it out for a whole wheat lite bun or thin sandwich buns to save over 100 calories and increase the fiber content. Whole-grain pita pockets also cradle burgers well, as do lightly toasted whole-wheat English muffins.
3. As for condiments, opt for reduced-fat mayonnaise instead of full-fat and go for fat-free mustard and all-natural ketchup and relish made without corn sweeteners. Depending upon the type of burger you've prepared, hummus makes a nice topping for turkey and chicken burgers.
4. Cheeseburger-lovers can use reduced-fat or low-fat cheeses to cut out additional calories. Naturally leaner cheeses include feta and Parmigiano-Reggiano, which is made with skim milk.



For a tasty side, try sweet potato fries

Ingredients

1 large sweet potato, peeled and cut into wedges
2 teaspoons canola oil
1/4 teaspoon salt
Pinch of cayenne pepper

Preparation

Preheat oven to 450°F. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

Nutrition Per serving: 122 calories; 5 g fat (0 g sat , 3 g mono); 0 mg cholesterol; 19 g carbohydrates; 0 g added sugars; 2 g protein; 3 g fiber

5. Skip the pale iceberg lettuce toppings in favor of darker, more nutritious greens like calcium- and iron-rich spinach, watercress or baby arugula. Tomato slices add a jolt of juicy vitamin C, as do red pepper slices, raw or roasted. Onions contain the flavonoid (quercetin), which is believed to boost the immune system.