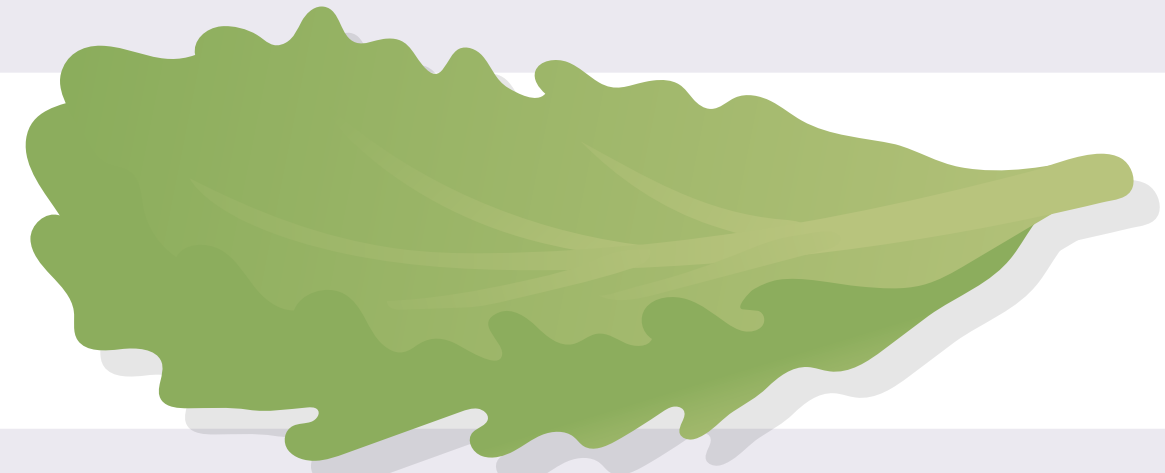


Build a better-for-you burger

Here's how to build a health-boosting burger, from **bottom to top**:

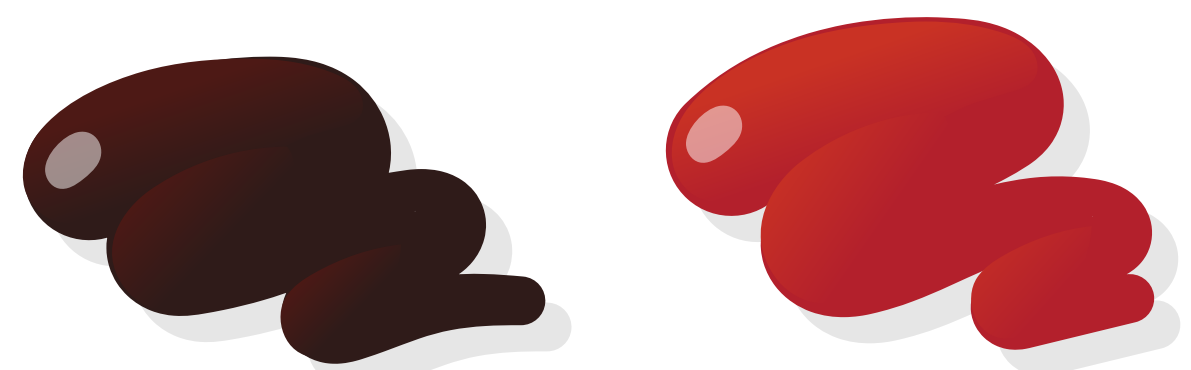
6 Finish it off

Top with the other half of that bun. Or use a green like romaine lettuce to balance the carbs but keep the flavour.



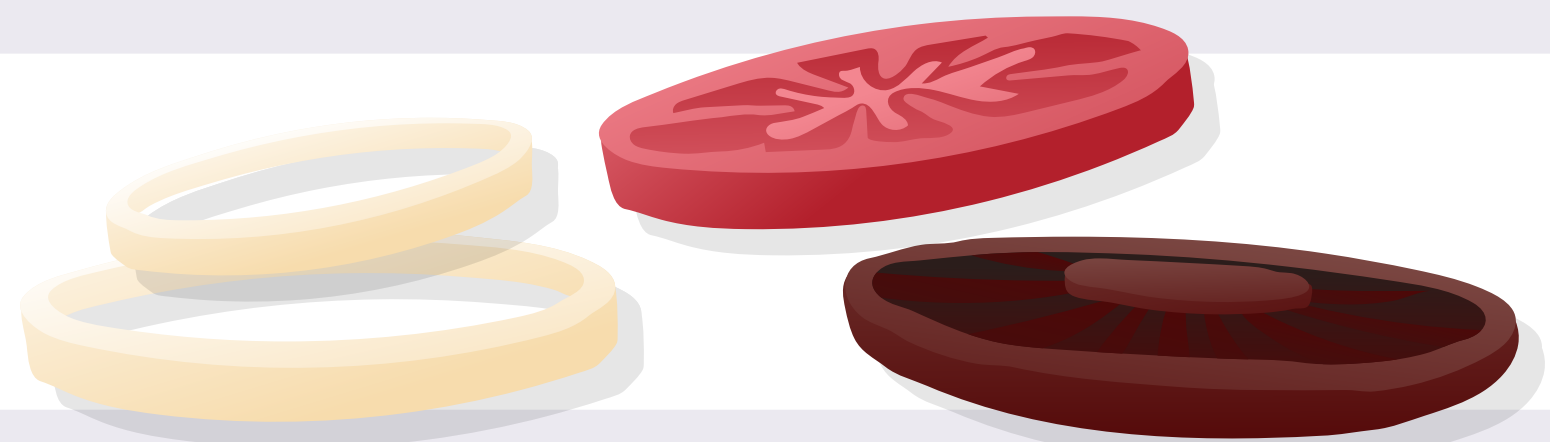
5 Choose your condiments

Ketchup and barbecue sauce can have a lot of sugar, but there are low- or no-sugar varieties available. Stay mindful of how much you use so your serving is in line with your goals.



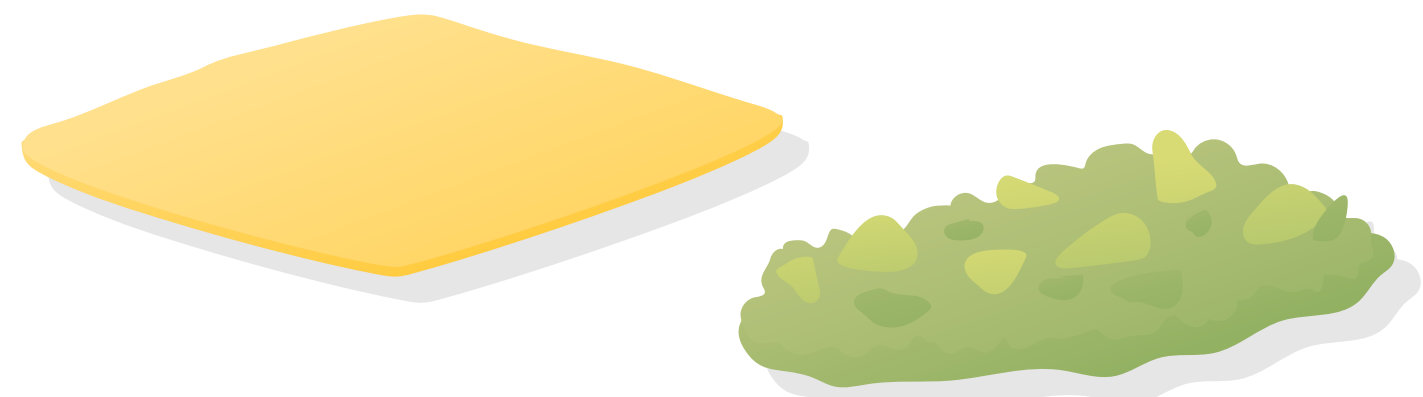
4 Jazz it up

Use veggies to add flavour and nutrients. Try sautéed onions, a juicy ripe red tomato slice, or grilled portobello mushroom.



3 Consider cheese

A thin slice of reduced-fat cheese can satisfy the craving. Or, try a bit of mashed avocado instead. It can give you the creamy flavour you're looking for, add nutrients, and help you cut back on saturated fat.



2 Put on a patty

Try a burger patty made with lean turkey, salmon, or black beans. Or go for a classic beef burger with 10% or less fat (like a 90/10 ground beef). Blend with chopped mushrooms to cut back on calories and saturated fat — and add fibre and nutrients!



1 Downsize your bun

Something like a light whole wheat English muffin or the thin outer ends of a thick roll will satisfy and hold your burger together nicely.

