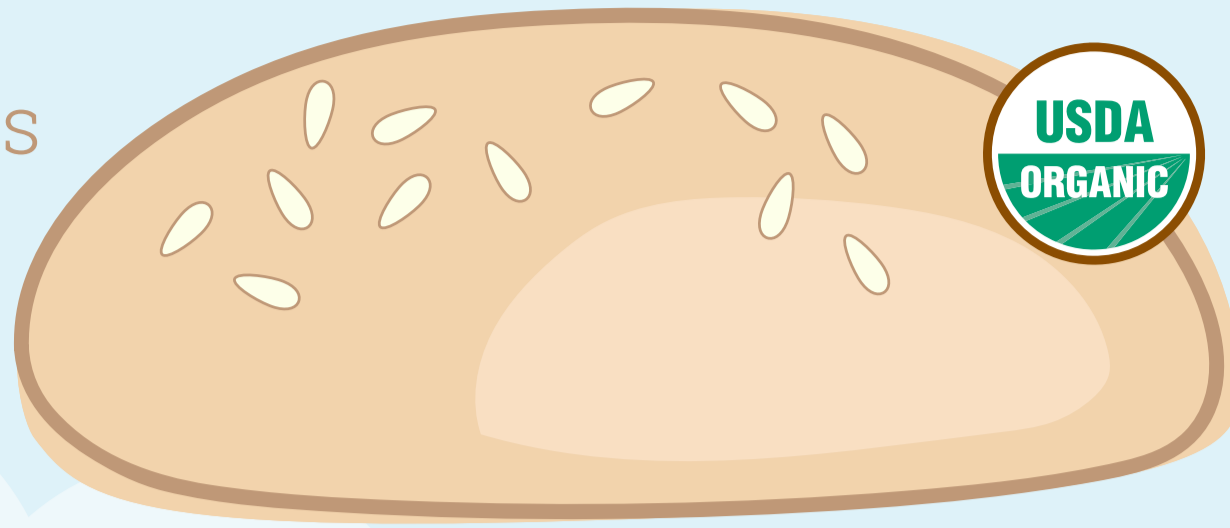


Building a Better Burger

This grilling season, eat clean and healthy by building a better for you burger. It's all about changing ingredients, without sacrificing the taste, and that starts with a few simple swaps!

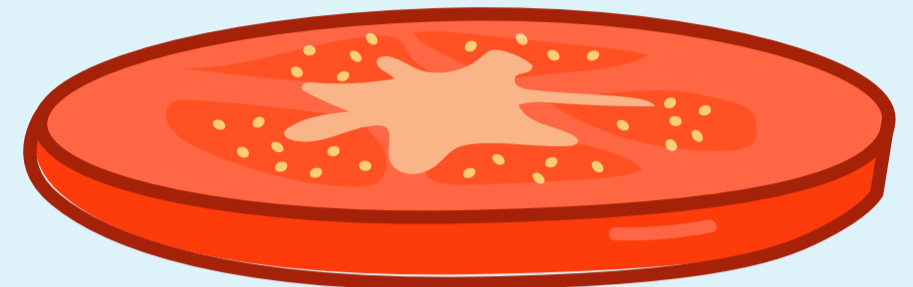
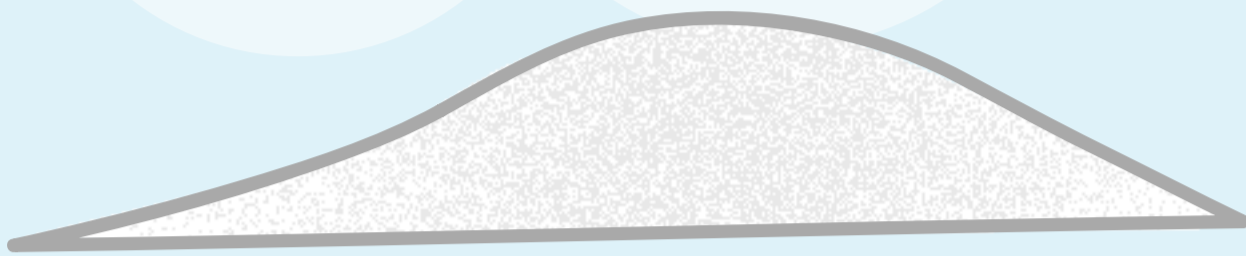
37g whole grains
vegan
dairy-free



6g protein
5g fiber
non-GMO

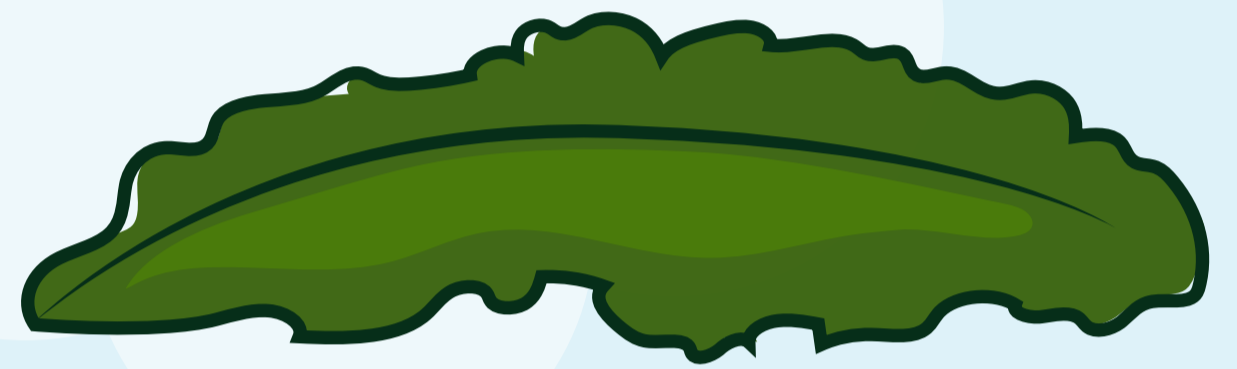
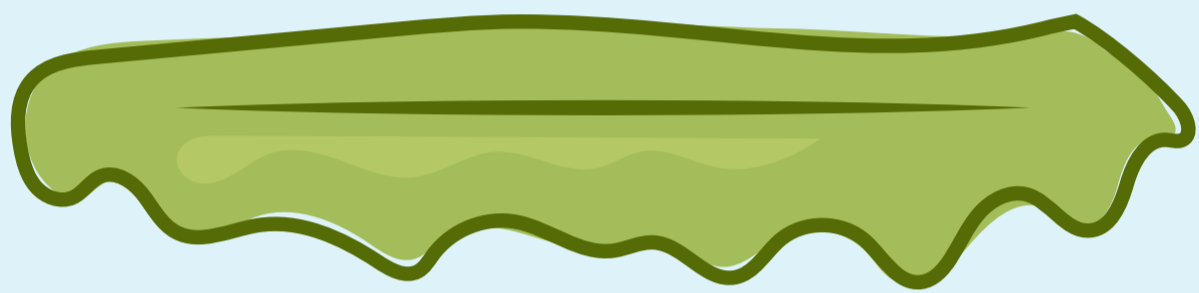
Start with some good buns

Building a better burger starts with choosing a yummy bun that's baked with high-quality, simple ingredients and without anything artificial. You can't go wrong with the USDA-certified **Rudi's Organic Bakery 100% whole Wheat Hamburger Buns** – packed full with 37g of whole grains, 6g of protein and 5g of fiber in each serving, this bun gets it done!



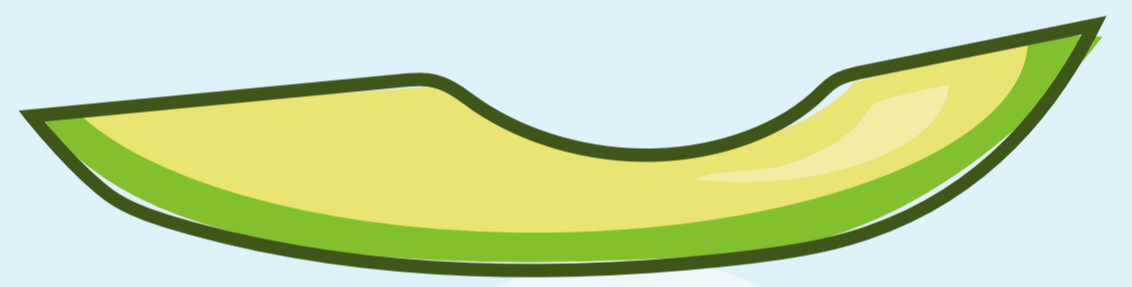
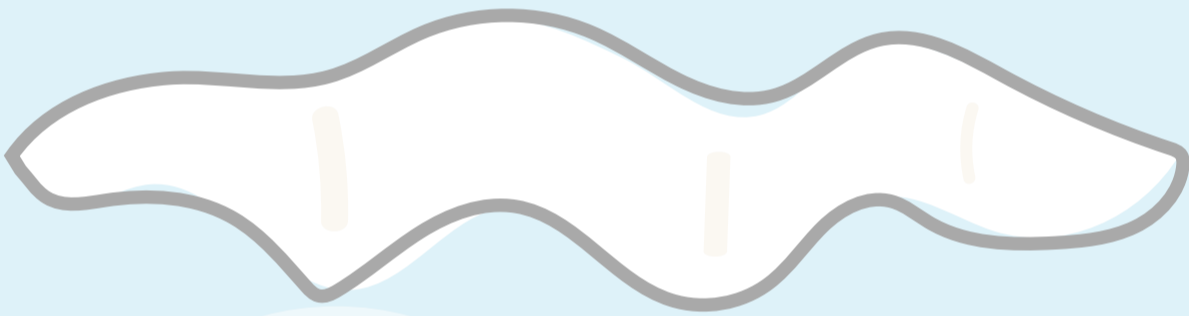
Ketchup to something good

Ketchup is the delicious topping to a perfect burger, but can also be unhealthy. Don't ditch your favorite condiment - just make sure you swap out the ketchup loaded with sugar for a ketchup with fewer ingredients, less sodium and even fewer calories! Try **Westbrae Unsweetened Un-Ketchup** for a guilt free topping you can be proud of.



Lettuce change things up

Upgrade your burger by choosing kale over romaine lettuce this year. Filled with more iron, Vitamin A and Vitamin C, you can get more nutrition and a better taste. We like using **Earthbound Farm Organic Baby Kale**, grown without GMOs and triple-washed.



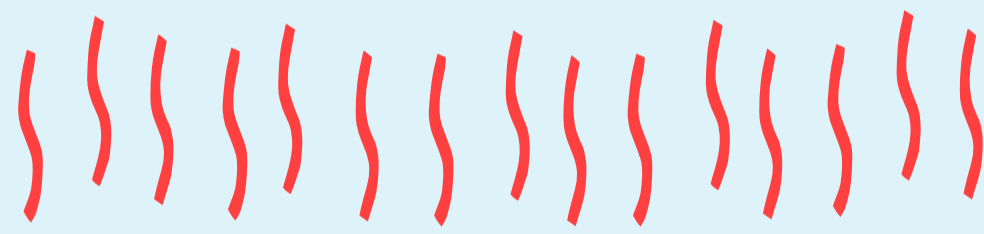
Go green

For spreadable flavor, replace mayo with avocados! You'll eliminate the high saturated fat found in mayo and add heart-healthy nutrition like potassium and vitamin C from the creamy avocado instead.

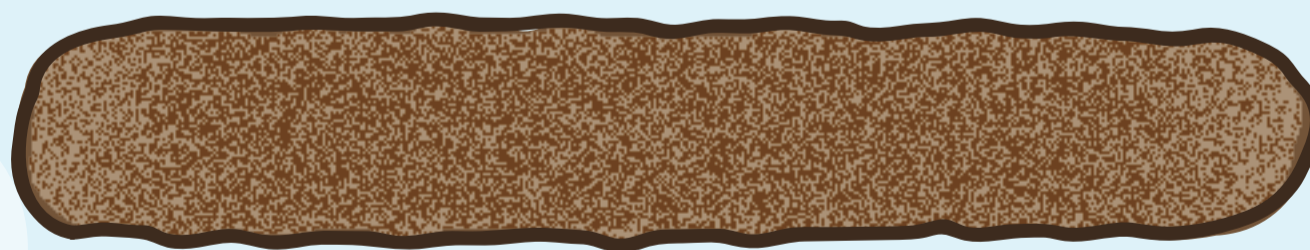


Betta with feta

Skip the cheddar and opt for feta! Feta cheese has fewer calories, is loaded with flavor and Greek feta is perfect for anyone sensitive to lactose since its uses goat milk which is easier to digest. YUM!



+zinc +iron +niacin



+Vitamin C +protein

Lean into it

It's not a burger without the patty, and it wouldn't be a better for you burger without choosing lean beef instead of regular beef. By choosing a 92% lean/8% fat ground beef over regular 80/20 ground beef, you won't sacrifice flavor, but you will be eating less fat and fewer calories.

It's packed with protein, Vitamin B and iron, just like more traditional 80/20 ground beef. Choosing an option like **Laura's Lean Beef All Natural 92% Lean Ground Beef** is an easy go-to solution. Veggie lovers can try black bean or veggie patties to deliver a rich veggie punch!

