Build-A-Burger

From fast food joints to five star restaurants, the iconic Hamburger meal is a staple in Americans’ diets. When done right, burgers can fit perfectly into a well-balanced diet.

Let the Good Times ROLL
Burgers usually come with a warm and toasty bun as the vessel for your patty and toppings. Make the most of your burger’s outerwear by choosing whole grain buns in the dining hall to sneak in some extra fiber. Feeling adventurous? Try using lettuce wraps or ditch the bun by putting your patty and toppings over lettuce for a spin on a salad.

On the Bright SIDE
Congrats! You have created a delicious burger that your heart and taste buds will thank you for. Why ruin a perfectly good meal with a large portion of greasy fries? Baked white and sweet potatoes are healthier options, but if your kryptonite is a heaping helping of good old-fashioned fries, stick to the standard serving size of about 15 fries. Moderation is key for a burger meal that’s guilt free!

Pretty PATTIES

<table>
<thead>
<tr>
<th>Patty</th>
<th>Calories</th>
<th>Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>307</td>
<td>20</td>
<td>29</td>
</tr>
<tr>
<td>Vegan</td>
<td>150</td>
<td>5</td>
<td>18</td>
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</tbody>
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The focal point of any burger is the patty. The dining halls offer both beef and vegan options. Beef patties contain heme-iron, which is the most efficiently absorbed iron. On the other bun, vegan patties are lower calorie options that still contain sufficient amounts of protein. Switch up your patty every now and then to get the most from each option’s different nutritive properties!

Love on TOP
Toppings are a crucial part of the burger experience but lettuce, tomato, and onion can get pretty redundant. Piling on high saturated fat bacon and cheese, however, is not the answer. Forego toppings like mayo and choose high mono-unsaturated fat toppings like avocado, so you never have to sacrifice flavor for health! Try adding guacamole, salsa, a sprinkle of cheddar cheese and a drop of hot sauce for a Mexican style burger.

Welcome to Good Burger, Home of the Good Burger, Can I Take Your Order?

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Questions? Post on our Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggyp@dining.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at http://food.rutgers.edu.