



Healthful Veggie Burgers

Compared with hamburgers, veggie burgers win hands down when it comes to nutritional value. Veggie burgers have far less fat, fewer calories and little or no cholesterol. While ground beef has no fiber, most veggie burgers have 3 g to 5 g per serving.

Even many nonvegetarians love veggie burgers because they are easy to prepare (microwave or broil), add variety to the diet and are quite tasty. *My favorites....*

Dr. Praeger's

CALIFORNIA VEGGIE BURGER

Per 2.8-ounce burger: 110 calories...4.5 g of fat...less than 0.5 g of saturated fat...0 g of trans fat...250 mg of sodium...4 g of fiber...5 g of protein. *Why I like it:* Contains a blend of carrots, spinach, red pepper and other healthful veggies—as well as oat bran, a good source of fiber.

Gardenburger

BLACK BEAN CHIPOTLE

Per 2.8-ounce burger: 80 calories...2.5 g of fat...0 g of saturated fat...0 g of trans fat...250 mg of sodium...5 g of fiber...5 g of protein. *Why I like it:* Contains a blend of veggies, brown rice and black beans—and has a spicy taste.

MorningStar Farms

GARDEN VEGGIE PATTIES

Per 2.4-ounce burger: 110 calories...3.5 g of fat...0.5 g of saturated fat...0 g of trans fat...350 mg of sodium...3 g of fiber...10 g of protein. *Why I like it:* Contains a mixture of veggies and soy protein.

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