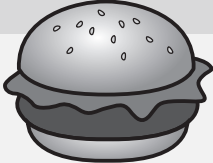
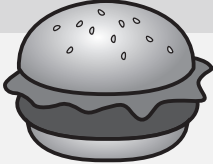


# BATTLE OF THE BURGERS

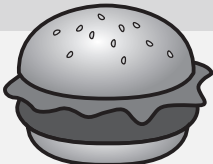
You'll be shocked at how different the total calories and nutritional values can be when you switch the type of meat, the quality of meat, the "extras," and the bun.

<b>Burger #1</b>						
4 oz. 80% lean ground beef		1 tbsp mayonnaise				
1 slice American cheese		1 oz. sautéed onions				
2 pieces of pork bacon		white hamburger bun				
CALORIES	PROTEIN (DV 50g)	TOTAL FAT (DV 65g)	SAT. FAT (DV 20g)	CARBS (DV 300g)	FIBER (DV 25g)	SODIUM (DV 2,500mg)
<b>685</b>	<b>41g</b> (82%)	<b>45g</b> (82%)	<b>15g</b> (69%)	<b>27g</b> (9%)	<b>2g</b> (8%)	<b>1208 mg</b> (48%)

*Are you kidding me! Look at the calories and sodium. Plus you've consumed 82% of your daily fat in one food item.*

<b>Burger #2</b>						
4 oz. 90% lean ground beef		1 oz. raw onion				
1 lettuce piece		2 packets mustard (2 tsp)				
1 tomato slice		whole wheat bun				
CALORIES	PROTEIN (DV 50g)	TOTAL FAT (DV 65g)	SAT. FAT (DV 20g)	CARBS (DV 300g)	FIBER (DV 25g)	SODIUM (DV 2,500mg)
<b>350</b>	<b>32g</b> (64%)	<b>14g</b> (22%)	<b>5g</b> (25%)	<b>24g</b> (8%)	<b>4g</b> (16%)	<b>432 mg</b> (17%)

*Much better! You cut your calories almost in half, and your sodium by over a third.*

<b>Burger #3</b>						
4 oz. ground turkey patty		1 oz. avocado				
1 lettuce piece		whole wheat bun				
1 tomato slice						
CALORIES	PROTEIN (DV 50g)	TOTAL FAT (DV 65g)	SAT. FAT (DV 20g)	CARBS (DV 300g)	FIBER (DV 25g)	SODIUM (DV 2,500mg)
<b>305</b>	<b>37g</b> (74%)	<b>9g</b> (14%)	<b>2g</b> (10%)	<b>22g</b> (7%)	<b>5g</b> (20%)	<b>221 mg</b> (9%)

*Ask yourself, is burger #1 really worth 68% more total fat?*