

# Food for Heart



## ANATOMY OF A

# Heart-Healthy Burger

### SWAP THE SAUCE

Replace secret sauces and mayonnaise with mustard or ketchup.

### REPLACE RED MEAT

Try healthier alternatives to beef like turkey or plant-based patties.

### LOAD UP ON VEGGIES

Add lettuce, tomato, and other vegetables to your burger for added nutrients, fiber, and flavor.

### BETTER BUNS

Whole wheat buns have more fiber and nutrients than white buns.

Celebrate Heart Month by preventing heart disease with small, daily steps provided by the leading dietitians at Stanford Health Care.

**Recognized among the top 10 in the nation for  
Cardiology, Heart & Vascular Surgery**



For more information and  
heart-healthy tips, visit us at  
[stanfordhealthcare.org/foodforheart](https://stanfordhealthcare.org/foodforheart)

