



WHICH BURGER SHOULD YOU ORDER?

Summer's cookout fave has a million varieties these days. But are the alterna-burgers really that much healthier? We grilled registered dietician Alexandra Oppenheimer to find out.

—ASHLEY ROSS

Turkey
150 calories*
SATISFACTION FACTOR
★★★★☆
Check for the words *white meat* or *ground turkey breast*. Dark meat in a patty can add 100 calories!

Salmon
175 calories
SATISFACTION FACTOR
★★★★★
It's high in good fats. Use fillers like oats and low-fat yogurt, not bread crumbs and mayo.

Veggie
230 calories
SATISFACTION FACTOR
★★★★☆
Start with a whole grain like quinoa, then add beans or a slice of Swiss cheese to amp up protein.

Bison
270 calories
SATISFACTION FACTOR
★★★★☆
Naturally lean bison meat can be dry. For a juicy patty, cook on medium heat for 15 minutes.

Beef
281 calories
SATISFACTION FACTOR
★★★★★
Ground chuck is high in sat fat. Get a cut that's 90 to 95 percent lean to slash 6 grams of fat.



TAKEOUT MAKEOVER
Delivery just got healthier, thanks to the free app Zesty (zestyapp.com). You look up a menu and see only the dishes that pass muster with an RD—so no cheese fries temptation. Plus, check fat and calories, and find gluten-free or vegan options. It's in San Francisco now and coming to more cities soon.
—J.G.

Warm It Up!

People who ate a warm oatmeal breakfast felt fuller four hours later than those who had cold oat cereal, a new study found. The meals had the same calorie count, but hot oatmeal has a stick-to-your-ribs soluble fiber called beta glucan that slows digestion to keep you feeling full until lunch. —JESSICA GIRDWAIN



What 3 O'Clock Slump?

A 160-calorie, high-protein snack is tops for controlling afternoon munchies, say researchers at the University of Missouri at Columbia. Try this winner. —J.G.

¾ cup nonfat Greek yogurt swirled with 1 teaspoon each cocoa powder and chia seeds, topped with ½ cup raspberries
(156 calories, 19 grams protein)



SOURCE: KEREN GILBERT, AN RD IN GREAT NECK, NY

COUNTERCLOCKWISE FROM TOP LEFT: CLAIRE BENOIST/THE LICENSING PROJECT; CASEY BROOKS/THE LICENSING PROJECT; LON PATERSON/STUDIO D; FOOD STYLIST: JAMIE KAMM; PROP STYLIST: SARA DAWN HAMLIN. *CALORIE COUNTS ARE BASED ON A 4-OUNCE BURGER.