



grilled burgers



Summer brings picnics, cookouts and family reunions.

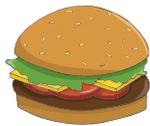
These are great time to enjoy your family and a good meal.

Grill some burgers for a quick and easy meal that your children will love.

Cook healthy and fun burgers:

- 1. Buy lean ground beef or turkey that is at least 90% lean.** You may be able to buy ground beef that is 93% or 95% lean. Lean ground meat is a great source of protein and iron for your growing child.
- 2. Add flavor to burgers.** Mix 1 pound of ground meat with 2 tablespoons barbecue sauce or ¼ cup salsa before shaping into burgers.
- 3. Make small flat burgers for your child.** Try a different shape - make long round burgers that fit into dog bun.
- 4. Serve hamburgers in small buns.** Small children enjoy eating food that is small and easy to hold.
- 5. Offer a fruit or vegetable.** Try grilled fruits. Serve raw vegetables with dip.

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