



Spice Up Your BBQ Burgers

Best toppings to choose:

Mustard
Hot Sauce
Sweet or Dill Relish
Pickles
Sliced Beets
Vinegar-based Coleslaw
Sauerkraut
Mixed Salad Greens
Raw Tomatoes or Onions

Useful nutrition tips from
Natalie Greene, RD

Use in moderation:

Ketchup
BBQ Sauce

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Try to avoid:

Mayonnaise
Creamy salad dressings

If you do add cheese, your best choices are:

Low-fat Mozzarella
Jarlsberg Lite Swiss
Fat-free American
Crumbled feta or goat cheese

Would you like to own your own PTI franchise?
Call Cliff Nonnenmacher, VP of Franchise Development

516.342.9064 ext 17

www.ptifranchise.com

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