

Mayo Clinic Minute: Are meatless burgers healthy?

Video	Audio
	It looks like a burger. It cooks like a burger. Some say it tastes similar to burger. But is it healthier?
Katherine Zeratsky Registered Dietitian Nutritionist Mayo Clinic	"It really depends on how that plant-based burger is made."
	Katherine Zeratsky says the benefit of plant-based burgers usually comes in the form of fiber and other nutrients. But then comes the issue of fat.
	"Some plant-based burgers are going to have added fat, and oftentimes, the added fat is a saturated fat."
	Commonly added fats are coconut oil or palm oil. Like natural meat burgers, saturated fats can be concerning.
	"Saturated fat has an association with raising our bad cholesterol, and the concern is that it may increase our heart disease risk."
	High sodium and calories can also make a dent in health benefits of a veggie burger. Zeratsky says eating more plant-based foods like vegetables or whole grains is a good approach
	"Just compare products."
	Along with added fiber, there's another benefit to a plant-based diet.
	"This is an opportunity to allow someone who enjoys meat to have something that is similar to that, yet is less impactful on the environment. "
	For the Mayo Clinic News Network, I'm Vivien Williams.