

## Healthy Ingredients

- ☐ 1 whole-wheat hamburger bun (100 calories)
- ☐ 1/4 lb. lean ground turkey (150 calories)
- ☐ 1 slice reduced-fat Swiss cheese (40 calories)
- ☐ 2 slices Canadian bacon (50 calories)
- ☐ Lettuce, tomato, onion, and pickles (20 calories)
- ☐ Guacamole (50 calories)
- ☐ Salsa (10 calories)

**Total Calories**

Serving Size: 1

**370**

## Regular Ingredients

- ☐ 1 hamburger bun (110 calories)