

# Q & A

**Q. Are turkey burgers really healthier than beef or veggie burgers?**

**A.** Turkey burgers can be leaner and healthier than beef, but only if they're made from lean ground turkey breast. Otherwise, dark turkey meat and skin are almost certain to be ground in with the white meat, raising the fat content. Because lean turkey burgers can be dry, there's a tendency to top them with mayo, dressings or ketchup—which increase their fat or sugar content. Instead, pile on onions, tomatoes, mushrooms and lettuce. Or add a dollop of guacamole.

In general, veggie burgers are lower in fat and have fiber and vitamins that meat burgers don't have, yet they can be high in sodium and lower in protein. Instead, make your own using black beans, onions, and spices. There are easy recipes online.

\* Lisa R. Young, PhD, RD, adjunct professor of nutrition at New York University, New York City, and author of *The Portion Teller Plan*. [PortionTeller.com](http://PortionTeller.com)

**Q. Can foot-warming socks relieve neuropathy in my feet?**

**A.** Neuropathy—the tingling, burning pain or numbness that's often a

side effect of diabetes, medications, or autoimmune disease, is caused by nerve damage. Foot-warming socks can help soothe this type of nerve pain. Some foot-warming socks are heated in the microwave, while others are battery-powered. Prices range from \$20 to \$40. To prevent burns, test microwaved socks before putting them on, and do not sleep in battery-powered socks.

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**Q. I love roasted vegetables but worry that the 400° heat might destroy nutrients. Should I cook another way?**

**A.** All forms of cooking can destroy some nutrients (such as vitamin C and B vitamins) in vegetables. But the flip side is that some nutrients actually become more bioavailable after cooking, since cooking helps release the nutrients from the cell walls of the plant. These include lycopene (in tomatoes and red peppers) and beta-carotene (in carrots, spinach and kale). Mushrooms, asparagus and cabbage all supply more antioxidant compounds when cooked. Vitamin B<sub>6</sub> and folate in broccoli and the polyphenols in onions that help protect against cancer and cardiovascular disease are better preserved in raw vegetables.

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