“How can I be sure I’m making a healthy sandwich?”

It’s important to make choices that are lower in sodium, sugar, saturated fat and contain whole grains.

Here are some tips for creating a healthy and satisfying sandwich.

- Choose ingredients from the major food groups that are high in vitamins and minerals.
- Use whole fruits in their natural state, such as apples or strawberries, rather than jams and jellies made with added sugar or high in fructose corn syrup.
- Use dark leafy green vegetables, like spinach and kale, as healthy sandwich toppers.
- Choose lean, low sodium protein rather than processed deli meats and cheese. Use roasted or grilled chicken, turkey, lean beef, eggs, egg whites, fish and low fat cheeses (feta, cottage, goat, cream cheese, mozzarella, Swiss, cheddar, pepper jack).
- Select items high in dietary fiber. Choose whole grain breads and crackers. Leave the skins on fruits and vegetables, such as pears and cucumbers. They will add texture and fiber to your sandwich.
- Use condiments that are low fat, low sugar and low sodium. Mustard, Greek yogurt, olive oil, spreadable avocado and fresh herbs are great alternatives to full fat mayonnaise and dressings with high sugar content.
- Avoid high calorie additions, such as butter, to grill breads. Try lightly toasting bread or spraying with a nonfat cooking spray.
- Slice meats, cheese, vegetables and fruits thin to make the sandwich easier to eat and less likely to fall apart.
- Place the smoother items, such as lettuce, tomatoes, pickles and onions, in between meats and cheeses or other rough items to keep the sandwich from falling apart.
- Try recreating your favorite sandwich in a healthier way. For the classic peanut butter and jelly sandwich, choose a whole grain bread that contains seeds and nuts, use fresh fruit (apples, bananas, chopped dried fruit), low-sugar jams, and an all-natural nut butter that is lower in sugar and sodium.
- Think about when will you eat your sandwich. If it will be several hours after you make it, consider using bread that will not get soggy, or keep wet ingredients on the side and add later.

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Think outside the bread box

A sandwich can be made with other foods besides bread. Try using these as tops and bottoms for a change.

- Sweet potato slices
- Cucumber slices
- Portobello mushrooms
- Apple slices
- Two small omelets
- Whole grain waffles
- Large lettuce leaves
- Tomato slices
- Rice cakes
- Whole grain crackers

Portion control

- Remember to read labels and measure your portion sizes.
- The calories in healthy foods can add up. Create your sandwich with your daily calorie and nutritional needs in mind.
- A good example would be to choose one serving of whole grains, 2-3 oz. of lean protein or low fat cheese, one serving of fruit, go light on the spreads and condiments (even if low in fat and calories), and pile on the veggies.

Pick a whole grain...	Add a protein...	Layer fruits & veggies...	Choose a condiment...
sliced breads	lean chicken	sweet potatoes	herbs
pizza dough	salmon	onions	pesto
English muffin	egg whites	pears	mustard
bagel	lean turkey	cucumbers	salsa
pita bread	cod	peppers	oil and vinegar
crackers	turkey bacon	kiwi	hot sauce
tortilla/wrap	lean ham	tomatoes	Greek yogurt
rice cakes	beans	celery	pepper
waffles	turkey sausage	pickles	olive oil
roll	lean roast beef	lettuce	avocado
	chickpeas	grapes	low-fat mayo
	veggie burger	pineapple	low-fat dressings
	lobster	mushrooms	low-fat sour cream
	tuna	spinach	
	seeds	apple slices	
	eggs	carrots	
	nuts	kale	
	nut butters	berries	
	hummus	avocado	
	tofu	orange slices	
	low-fat cheese	bananas	

15-605-176 Rev. 01 5/17

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