

Healthy Eating: Super Sandwiches¹

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Sandwiches can make quick, easy, and nutritious meals. Below are tips to create new sandwich favorites!

Breads

Bread comes in many varieties. Experiment with sandwiches made with pita pockets, bagels, or tortillas!

Choose whole-grain breads. They provide energy, vitamins, minerals, and fiber. Try whole wheat, pumpernickel, rye, or others made with whole-grain flours.

Fillings

For a low-fat filling, mix shredded tuna, turkey, or chicken with low-fat plain yogurt instead of mayonnaise. Try adding chopped onion, celery, and cucumber or pickle for more flavor and crunch!



Figure 1. Turkey and leafy greens on whole-grain bread with chutney.

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TIP: When using low-fat plain yogurt, try adding herbs or spices like dill or cumin for more flavor.

Instead of peanut butter and jelly, try peanut butter and sliced banana. Add a little honey for a sweeter sandwich.

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Try mashed canned beans or firm tofu flavored with chopped onion, parsley, garlic, pepper, or other spices. Chickpeas, black beans, and kidney beans work well.

Go easy on spreads such as mayonnaise, margarine, butter, and cream cheese. They add calories and fat but few vitamins and minerals. Instead try mustard, low-fat plain yogurt, or different flavors of hummus.

When buying deli meats, choose lean roast beef, ham, or turkey. Ask for meats without added salt.

Toppings

Give your sandwich a nutritious boost by adding vegetables or fruit. Try apples, pineapple, radishes, spinach, tomatoes, cabbage, cucumber, or grated carrots or zucchini.



Figure 2. Place low-fat deli meat on whole-grain bread and top it with shredded carrots and other vegetables for a healthy sandwich.

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