

## Topic Tool: How to make a Healthy sandwich

A healthy sandwich, which is really yummy and makes you full longer without sacrificing taste or satisfaction is the way to go. Follow the formula below to create an endless number of healthy, fulfilling and delicious sandwiches.

- 1. Select healthy bread.** Whole grains: start with a whole grain bread product, such as bread, a pita, an English muffin, or a tortilla.  
**\*TIP:** Look for the words "whole grain" near the top of the ingredients list, not just "whole wheat." Good choices have at least 3 grams of fiber per serving. Some breads are fortified with extra fiber and contain as many as 12 grams of fiber per serving, helping you achieve the recommended 25-30 grams of fiber per day.
- 2. Find High-quality proteins.** Good sandwich choices include chicken, turkey, ham, lean roast beef, tuna, hummus, and low fat cheese. Keep in mind portion control - a serving of meat should be about the size of a deck of playing cards.  
**\*TIP:** Check the sodium in prepackaged and even deli-fresh meats; most products run high. Cut the sodium by slicing meat you have roasted at home or by asking specifically for meats lower in sodium.
- 3. Consider Cheese.** Although cheese can add a good deal of fat, it also contains a good deal of calcium. Harder cheeses (such as Swiss and Cheddar) usually have less fat. Softer cheeses (like Blue cheese) may have more fat, but if spread thinly, can add overall less fat than slices of hard cheese.
- 4. Pile on Vegetables.** Veggies add both nutrients and flavor. A sandwich is a great way to slip in a lot of vegetables into a meal. Make sure they are fresh. Packing your sandwich with vegetables will add bulk to the sandwich (and increase the fiber content) without adding a lot of extra calories so you stay full longer. Consider: \*Sliced tomatoes, Olives, Cucumbers or pickles, Onions (Sweet, hot, or red, Peppers (sweet or hot), lettuce, bean sprouts, apples (especially good with ham), sauerkraut (with corned beef and blue cheese dressing is a classic Reuben Sandwich, Herbs (Basil tastes good with toasted cheese and tomato), fresh greens (the darker the better).
- 5. Optional toppings.** Sandwiches usually taste best with a little condiment, but condiments don't need to be high in fat to be high in flavor. There are low-fat, healthful choices that will give your sandwich the something extra it needs such as: \*Mustard, Honey mustard, Barbecue sauce, Chipotle sauce, Light dressing, Salsa, Limit high-fat salad dressings, whole real mayonnaise, and oil-based dressings.
- 6. Complete your sandwich with another slice of bread, or wrap your wrap.**

**7. Consider heating or toasting.** Heating or toasting a sandwich adds no calories, and can greatly enhance the taste.

Information collected from [bhg.com](http://bhg.com) (better home and garden) and [wikihou.com](http://wikihou.com).

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