



Sandwiches are common in the American diet and are an easy lunch option. Here are some tips for making a healthy and more delicious sandwich.

- Choose healthier ingredients and make smart substitutions.
- Request nutrition information, if available, and choose items with the lowest amounts of sodium, added sugars and saturated fat and no *trans* fat.
- Keep in mind portion/serving size. Cut large sandwiches in halves or quarters before serving.

Bread

- Request whole-wheat/whole-grain breads with high fiber content.
- If serving on flat bread, pita, tortilla or wrap, ask for smaller sizes and whole grain.

Meat/Protein

- A serving of deli meat should be no more than 4 oz. (ideally 2 oz.).
- Processed deli meats can be high in sodium. Check nutrition information if available and use varieties with the lowest amounts of sodium.
- Vegetarian proteins (beans, hummus, nut butters, tahini, tofu) can be a healthy alternative.

Cheese

- Limit cheese, as it's usually high in sodium and saturated fat. Compare nutrition information and choose wisely. Varieties such as mozzarella and Swiss may be better choices. Request extra-thin slices.
- Avocado or hummus can take the place of cheese for a dairy-free or vegan option.

Vegetables and Fruits

- Adding vegetables and fruits is a great way to make a sandwich healthier, tastier and more filling.
- Add sliced or shredded vegetables including beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini.
- Add sliced fruits such as apple, avocado and pear.

Condiments and Seasonings

- Traditional prepared condiments (mustard, ketchup, mayo) can be high in sodium, added sugars and fats. Offer them on the side.
- Healthier alternatives may include: fruit relish or chutney, guacamole, horseradish, hummus, pesto, salsa. (Check nutrition information, if available.)
- Use herbs, spices and salt-free seasonings to add flavor.

