



Healthy For Good™

## Build a Better Sandwich

Sandwiches are a quick and easy lunch option, whether you make them at home or order out. Here are some tips for building a healthier, more colorful and more delicious sandwich.



### Bread

- Choose fiber-rich, whole-grain breads.
- If using flat bread, pita, tortilla or wrap, look for smaller sizes and whole grains.
- Try an open-face sandwich to cut the amount of bread in half.

### Meat/Protein

- Processed deli meats can have a lot of sodium. Check nutrition information, if available. Choose varieties with the lowest amounts of sodium.
- A serving of deli meat should be no more than 4 ounces. Try replacing some of the meat with extra veggie toppings.
- Choose grilled over fried.
- Vegetarian proteins like beans, hummus, nut butters and tofu can be a healthy change of pace.



### Cheese

- Cheese can add a lot of sodium and saturated fat. Compare nutrition information to make a smart choice. Varieties such as mozzarella and Swiss may be better options.
- Request extra-thin slices or half as much cheese as usual.
- Try avocado or hummus in place of cheese. They provide healthier fats.

### Condiments and Seasonings

- Condiments (such as mustard, ketchup and mayo) can be high in sodium, added sugars and fats. Keep them on the side if you use them at all.
- Healthier choices may include: guacamole, horseradish, hummus, pesto and salsa.
- To add flavor, use herbs, spices and salt-free seasoning blends instead of salt.

### Vegetables and Fruits

- One easy way to make a sandwich healthier, tastier and more filling is to add vegetables and fruits.
- Try a variety of sliced or shredded produce. Some good choices are: apple, avocado, carrot, celery, cucumber, greens, mushrooms, onion, peppers, radish, tomato and zucchini.

### And don't forget...

- Request nutrition information, if available. Choose items with the lowest amounts of sodium, added sugars and saturated fat.
- Think about smart portions and serving size. Cut large sandwiches in halves or quarters to share. Or wrap up the rest and save it for later.

For more tips and recipes, visit

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