

BUILD A HEALTHY SANDWICH

PICK A FOUNDATION

- Whole wheat bread or roll
- Whole wheat wrap
- Whole wheat pita
- Leaf lettuce

ADD GREENS

- Leaf lettuce
- Kale
- Spinach
- Sprouts

PILE ON THE VEGGIES

- Tomatoes
- Cucumbers
- Onion
- Peppers
- Mushrooms

PICK YOUR PROTEINS

- Roasted turkey breast, grilled chicken breast or low-sodium lean luncheon meats
- Canned tuna or shrimp
- Low-fat cheese
- Egg
- Nut butters or bean spreads like hummus

JAZZ UP THE FLAVOR

- A little low-fat mayonnaise or salad dressing or mustard
- No-sodium herbs like dried dill, BBQ rub or Greek seasoning
- Fruit like apple, pineapple or pear or a tablespoon of dried fruit
- A spread like guacamole or hummus

