

Between the Slices

Secrets to a Healthier Sandwich

Bread and Beyond

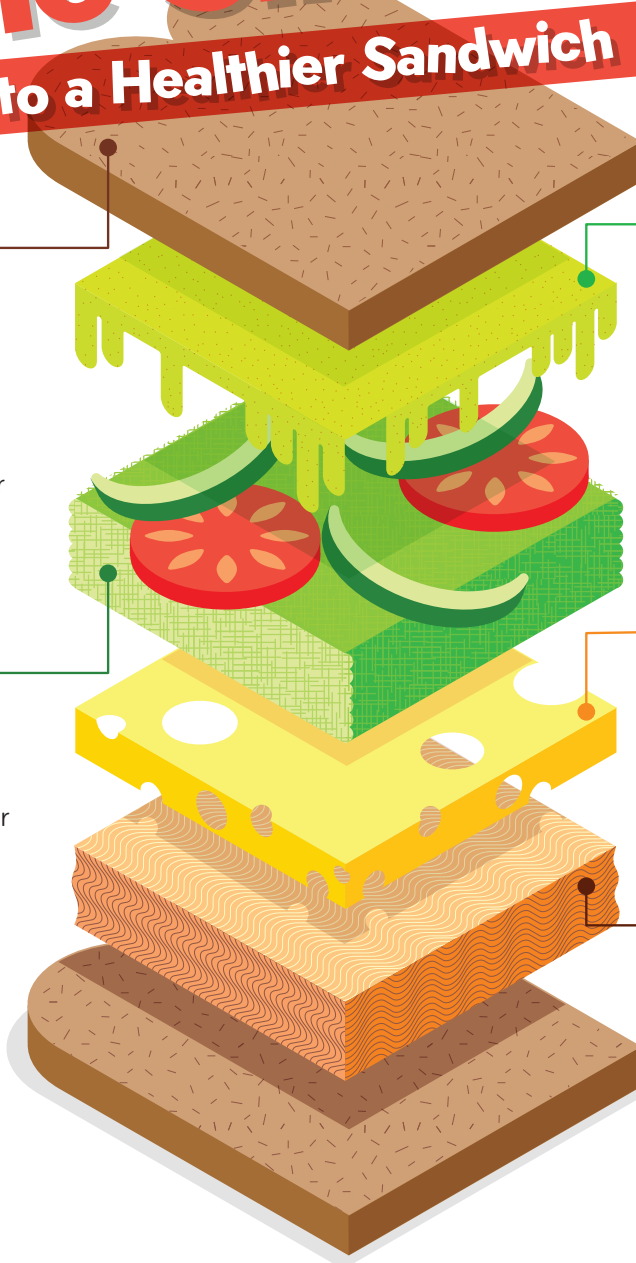
Grains: Options like whole-grain bread, pitas, tortillas, or naan provide the perfect fiber foundation.

Lighter fare: Consider large lettuce leaves as your base to get that ultra-fresh crunch.

Produce Picks

Veggies: Spinach, cucumbers, and bell peppers give you color and tasty texture.

Fruit: Thinly sliced apples or pears can bring a sweet contrast to more savory sandwiches.



Do you know how to make a sandwich?

Of course.

But do you know how to build flavor and nutrition into every bite? Layer by layer, let's "stack" the healthy sandwich basics!

Spreads

Avocado: A nutritional powerhouse, avocado adds creaminess without cholesterol.

Salsa: Kick up the flavor with minimal calories.

Mayo: Buy the low-fat or fat-free varieties. Or sub in non-fat Greek yogurt instead.

Cheese Choices

Swiss, goat, and mozzarella: Nutrients vary between cheeses. These three varieties are your best bet for less sodium in each serving.

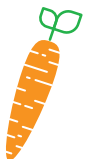
Protein Power

The classics: Choose low-fat turkey or chicken breast. Throw in canned tuna or hard-boiled egg for extra protein—or make them the star of the dish!

Plant-based picks: Experiment with tofu or mashed beans for a satisfying vegetarian bite.

Smart Sides

Swap out the chips for these healthier companions:



Carrot sticks: They're perfect for scooping up creamy hummus or guacamole.



Seasonal fruit: Whatever's in season is sure to be scrumptious (and affordable).



Nuts: Grab a handful of unsalted nuts for a dose of healthy fats, protein, and fiber.