

GRAINS

Select whole grain bread, sliced, pita, English muffin, or tortilla. The fiber in whole grain bread will keep you full longer.

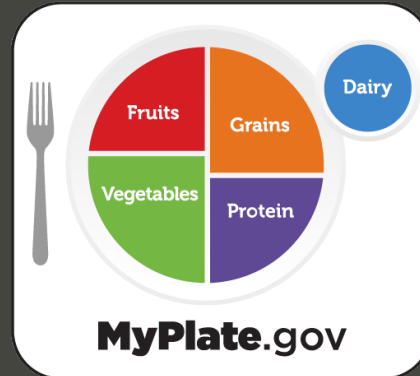
Tip: The first ingredient on the bread label must say whole grain.

VEGETABLES & FRUITS

Fruits and Veggies add texture, flavor and nutrition.

- Apple
- Banana
- Bean sprouts
- Coleslaw
- Cucumber
- Dried Fruits
- Lettuce
- Mango
- Onion
- Pear
- Pepper (sweet& hot)
- Tomato

Tip: Pile on Vegetables & Fruits.



PROTEINS

Choose Lean proteins. A serving of protein is about the size of a deck of cards (adult) or half a deck of cards (child).

Meats: turkey, chicken, ham, pork, roast beef

Vegetarian: hummus, peanut butter, cream cheese

Salads: tuna salad, salmon salad, chicken salad, egg salad.

Tip: Leftover cooked meats make tasty sandwiches and contain less salt than deli-meats.

DAIRY

Choose low-fat cheeses. When adding cheese to a sandwich that already has protein, use half the amount of protein for the serving.

Tip: Try spreadable cheese instead of mayo.

Simple Sandwich Ideas (made on whole grain bread)

1. Cheddar cheese and Sliced apples
2. Salami, Mozzarella, Roasted peppers with Italian dressing
3. Peanut butter, Cream cheese, Banana & Honey
4. Turkey and Coleslaw
5. Hummus, Chicken and Cucumbers
6. Pork Tenderloin, Swiss cheese, grated carrot and mustard
7. Tuna Salad with Raisins and Sliced tomato
8. Chicken Salad with celery and Sliced mango