



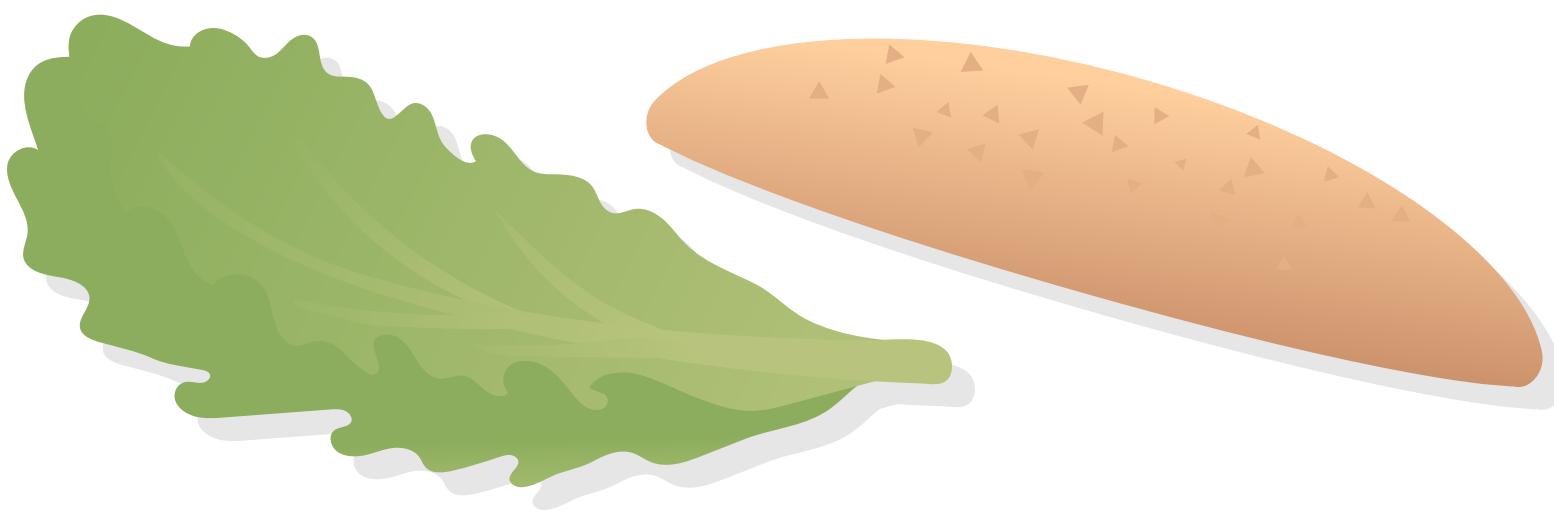
Build a better-for-you sandwich

If a sandwich is your go-to at lunch (or any other time of day!), there's a lot you can do to make it a more nutritious meal. Put your sandwich together using these simple steps from **bottom to top** to make it a health-boosting, satisfying choice:

5

Top it off

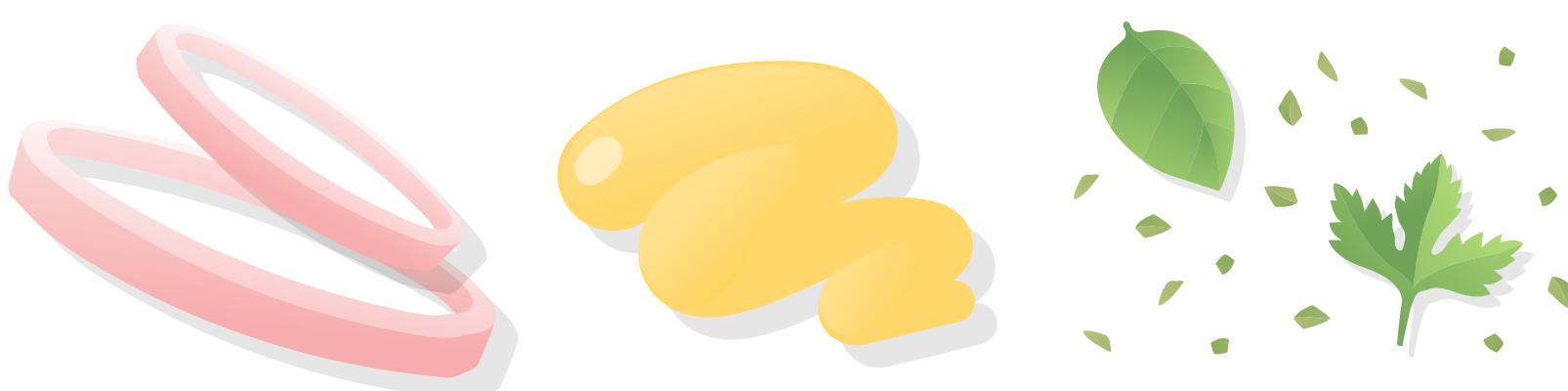
Depending on your nutrition needs—and what you chose for the rest of your sandwich—another slice of bread may be the obvious choice. If you're aiming for a lower-carb sandwich, you can use a big leaf of romaine lettuce, kale or collard greens to hold your sandwich in place instead.



4

Choose your condiment

Add-ons get a bad rap. But they don't have to! Think of this step as an opportunity to punch up nutrition and excitement. Try options like avocado, hummus, sauerkraut, kimchi, pickled onions, mustard, tahini, and herbs like cilantro and basil.



3

Add some produce

Salads are not the only way to squeeze some produce into your day. Lettuce and tomato are no-brainers. What about adding some grated carrots, sliced cucumber, or finely shredded red cabbage for a little flavour and colour?



2

Pick a protein

This will help your sandwich become a satisfying meal. Sliced low-sodium turkey breast, tuna, egg salad or grilled tofu can help give your sandwich staying power.



1

Start with a base

Bread is a sandwich standard, and that's OK! Just be mindful of what kind of bread you choose. 100% whole-grain options are usually a good choice, because they contain fibre. Lower-carb choices include the bottom half of a sandwich thin, pita bread or a light English muffin.

