

Build a Better Sandwich

Pick a Whole Grain

- Bread
- Wrap
- Pita
- Bagel
- English Muffin
- Roll

Add Protein

- Chicken
- Ham
- Turkey
- Roast Beef
- Lowfat Cheese
- Beans
- Chickpeas
- Egg Salad
- Tuna
- Nut Butter
- Turkey Bacon
- Hummus

Layer on Fruits & Veggies

- Tomatoes
- Peppers
- Mushrooms
- Onions
- Cucumbers
- Carrots
- Avocado
- Apple Slices
- Grapes
- Celery
- Berries
- Banana
- Pear
- Lettuce
- Kiwi
- Pickles
- Pineapple
- Spinach
- Mango
- Olives
- Cabbage

Make It Extra Special

- Fresh Herbs
- Lowfat Dressing
- Vinaigrette
- Oil & Vinegar
- Light Mayo
- Mustard
- Guacamole
- Pesto
- Greek Yogurt
- Salsa
- Salt & Pepper