



# National Sandwich Month

Sandwiches are a simple meal solution, no cooking required. Be sure to include the right components to keep it balanced!

## Start with a Hearty Base

Choose a whole-grain bread option, such as:

*100% whole wheat or multigrain bread, pita, tortilla, naan, or sandwich thin*

## Fill it with Fiber

Make produce the bulk of your sandwich. Try different combinations using: *Avocado, beans or bean spread, bell peppers, cabbage, carrot sticks/ribbons, cucumber slices, fresh herbs, fruit (apple, pear, pineapple, mango), greens, onion, mushrooms, pickled vegetables, radish, and tomatoes*

## Pick the Protein

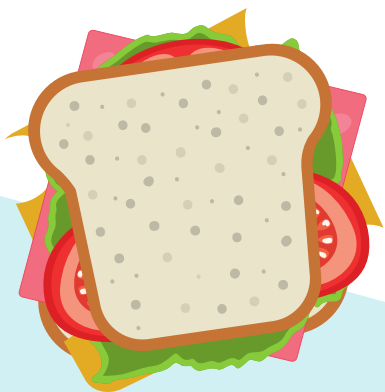
Always aim for low-sodium options, like the following:


*Lean beef/chicken/turkey, tuna, salmon, shrimp, beans, lentils, tofu, or eggs*

## Dress it Up

Give your sandwich an extra boost of flavor; here are some ideas:

*A drizzle of balsamic vinegar or olive oil, cheese, Greek yogurt in place of sour cream, hummus, mayonnaise/avocado "mayo", mashed tomatoes, salsa*



 **Tip:** Think of a sandwich as a salad wrapped in bread! Include mostly produce, treat the protein like a topping, and go light on the dressings.

