

Sandwich Tips

Sandwiches are one of the staple lunch foods that you may have forgotten about because you got sick of your usual classic day in and day out. It's time you were reminded of some fantastic sandwich variations to spice up your lunch (or dinner...or snack)!

The Base



Bread, bun, or lettuce. The base is one of the most important elements of the sandwich. It holds all the delicious filling in place and can add some extra texture and flavour.

If choosing a bread or a bun, read the nutrition label for serving size and aim for one that contains more fiber than sugar and more nutrients per slice.

The Good Stuff (Toppings)



Cold cuts and processed meats are loaded with salt and additives to improve shelf life. Try grilling a chicken breast and slicing it for your sandwich or make a lean-cut roast and slice it for the week.

Experiment with vegetables, like roasted red pepper, sliced fennel, spinach, shredded cabbage, or cucumber!

As meat alternative, try making a chickpea or bean salad filling and spreading that in your sandwich.

The Flavour Enhancers (Spreads)



Watch the sugar and salt content in spreads! Choose one that limits these two ingredients and use in moderation.

Try mustard! It is very low in calories and has a variety to choose from (i.e., whole-grain, spicy, Dijon, etc.).

Make your own pesto, hummus, sauce, or salsa and use that on your sandwich!

Making a good sandwich is very individualized, so try something new and enjoy!