









# The Be Fit Minute

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## HOW TO BUILD A BETTER SANDWICH

<u>BREAD</u>	<u>PROTEIN</u>	<u>VEGETABLES/FRUIT</u>	<u>FLAVOR BOOST</u>		<u>SPREAD</u>
Whole wheat	Chicken breast	Shredded carrots	Fresh herbs	*Feta cheese*	Pesto
Sourdough	Canned tuna	Sliced cucumber	Turkey bacon	*Blue cheese*	Greek yogurt
Cinnamon raisin	Beans (e.g. black, white, kidney, chickpea)	Lettuce	Sauerkraut	*Swiss cheese*	Fig spread or fruited jam
Rye or pumpernickel	Hummus	Spinach	Artichokes	*Cheddar*	Honey
Whole wheat English muffin	Egg	Radishes	Jalapeños	*Goat cheese*	Tomato sauce
Corn tortilla	Pan-fried tofu	Shredded cabbage	Dried fruit	*Ricotta*	BBQ sauce
8 to 10 inch-wrap	Veggie burger	Fennel	Spices	*Provolone*	Mustard
Pita bread	Crab or crab stick (surimi)	Roasted vegetables	Mushrooms	*Seeds*	Sriracha
Gluten-free bread (e.g. Udi's)	Smoked salmon	Pickled vegetables	Pepperoncini	*Nuts*	Mayo
6-inch sub roll	Sliced ham, turkey, roast beef	Eggplant	Sautéed onions	*Avocado*	Cream cheese
Small (2 ounce) bagel	*Nut or seed butter* (  )	Tomato	Scallions	Roasted peppers	Tapenade
		Sliced apple or pear	Sun-dried tomatoes	Olives	
		Mango			
		Banana			
		Pineapple slices			
<b>Portion:</b> 2 slices of bread or 1 roll/wrap	<b>Portion:</b> 2 to 4 ounces (egg to deck of cards)  	<b>Portion:</b> as much as will fit	<b>Portion (*nuts, seeds, cheese*):</b> 1 to 2 tablespoons (poker chip to ping pong ball or 1 slice of cheese)  		<b>Portion:</b> 1 tablespoon (poker chip) 

### Balanced Sandwich Examples

- ① Whole wheat bread + almond butter + sliced apple + turkey bacon + cinnamon + honey
- ② Pita + hummus + cucumber + marinated artichokes + roasted red peppers + provolone + tapenade
- ③ Whole wheat roll + ham + lettuce + pickle slices + pineapple + mayo + mustard
- ④ Wrap + peanut butter + radishes + shredded carrots + scallion + cilantro + mango + sriracha
- ⑤ English muffin + tuna + spinach + sun-dried tomato + feta + pesto