

Healthy Eating for Elders: Super Sandwiches¹

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Sandwiches can make a quick, easy, and nutritious meal when combined with a side of fruit and a glass of milk. Below are tips to create some new sandwich favorites!

BREADS

Bread comes in many varieties. Experiment with sandwiches made on pita pockets, bagels, or tortillas!

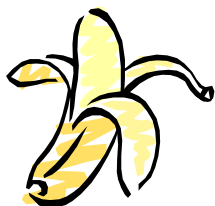


Choose whole-grain breads often. They provide energy, vitamins, minerals, and fiber. Try whole wheat, pumpernickel, rye, or others made mainly with whole grain flour.



FILLINGS

For a lower fat dish, mix shredded tuna, turkey, or chicken with low-fat plain yogurt instead of mayonnaise.



Instead of peanut butter and jelly, how about peanut butter and banana? Add a little honey for a sweeter sandwich.

Try mashed canned beans or firm tofu flavored with chopped onion, parsley, garlic, pepper, or other spices. Chickpeas, black beans, and kidney beans work well.



Go easy on spreads such as mayonnaise, margarine, butter, and cream cheese. They add calories and fat but few vitamins or minerals. Instead, try mustard, low-fat plain yogurt, or cottage cheese.

When buying deli meats, choose lean roast beef, ham, or turkey. Ask for meats without added salt.

TOPPINGS

Give your sandwich a nutrition boost by adding vegetables or fruits. Try apples, pineapple, radishes, spinach, tomatoes, cabbage, cucumber, or grated carrots or zucchini.



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