



Lunch Makeover: Build a Better Sandwich Meal

Check out the sample homemade lunch below, and then see how you can make some quick swaps and create a more nutritious meal.

Original Lunch

1 sandwich made with:

- 2 pieces of country white bread
- 2 ounces of salami
- 1 slice of provolone cheese
- lettuce
- 2 tablespoons mayo
- 1 teaspoon of mustard

1-ounce bag of potato chips

2 small chocolate chip cookies

12-ounce can of regular soda

Nutrition information: Calories 1040, Carbohydrate 108 g (Fiber 4 g), Saturated Fat 17 g, Sodium 1700 mg

Choices/Exchanges: 3 starches, 3 1/2 carbohydrates, 3 high fat meats, and 10 fats

Lunch Makeover

1 open-faced sandwich made with:

- 1 piece of 100% whole wheat bread, toasted
- 2 ounces rotisserie chicken breast
- 3 slices avocado
- 2 tomato slices
- lettuce
- a squirt of mustard

10 baby carrots

2 tablespoons hummus

1 fresh peach

Nutrition Information: Calories 390, Carbohydrate 49 g (Fiber 12 g), Saturated Fat 2 grams, Sodium 565 mg

Choices/Exchanges: 1 starch, 1 fruit, 2 nonstarchy vegetables, 1/2 carbohydrate, 2 lean meats, and 1 fat

Quick Healthy Swaps

On the Sandwich:

- Substitute 100% whole wheat bread for the white bread and you'll get more fiber. If you want a lower-carb option, choose a lower-carb bread or make an open-faced sandwich.
- Choose a meat that is leaner and less processed than salami, such as roast beef, grilled chicken breast, or lean roasted turkey. When buying deli meats, choose reduced-sodium varieties.
- Try reduced-fat cheese to cut down on saturated fat. You can also skip the cheese and add more veggies, such as tomato, cucumber, shredded carrots, and bell pepper slices. You could also add some avocado, which is a good source of heart-healthy fats.

- Switch to light mayo, which is half the calories of regular mayo (100 calories per tablespoon). Or skip the mayo and just enjoy the mustard. Mustard is a very low-calorie condiment.

For the Sides:

- Instead of chips, enjoy a small handful of unsalted nuts, a cup of bean salad, or some carrots and hummus.
- Instead of cookies, try a sweet serving of fruit, which also has vitamins.
- Skip the sugary drinks, such as regular soda, fruit punch, and lemonade and get in the habit of carrying a reusable water bottle with you. Drink water throughout the day to stay hydrated. You could also opt for unsweetened iced tea or diet soda as no-sugar-added options to replace.