

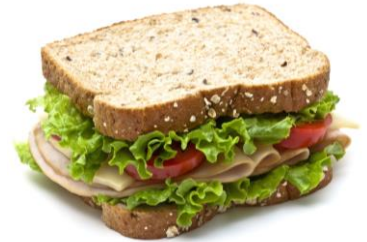
Food for Thought

August 2023

August is National Sandwich Month

National Sandwich Month is the perfect time to try different sandwiches. Some of the great things about sandwiches is that they are:

- **Versatile:**
 - You can eat them cold or warm.
 - The fillings in them can be adjusted to each person's tastes.
 - There are many different toppings to try on sandwiches.
 - Try new and different spreads on sandwiches. What a great way to try one you haven't had before!
- **Convenient:**
 - They are quick and easy to make and eat.
 - They can be eaten on the go.
 - They easily pack in a cooler for later.
- **Nutritious:**
 - Most people don't get enough veggies. Sandwiches are a great way to get more servings of veggies.



Tips for Healthier Sandwiches

- **Choose whole grains.** Whole Grains provide many important nutrients such as dietary fiber, B vitamins, and minerals. Try your sandwich with whole grain pita pockets, bagels, tortillas, or bread. When choosing, pick the grain product with the word 'whole' as the first ingredient on the ingredient list.
- **Try different fillings.** Mix tuna, turkey, or chicken with low-fat plain yogurt instead of mayonnaise. For added flavor and crunch, add chopped onion, celery, radish and/or cucumber. For extra flavor you can also add herbs or spices such as dill or cumin. Instead of the traditional peanut butter and jelly sandwich, try peanut butter and sliced banana.
- **Sandwich spreads.** Use different sandwich spreads for flavor and nutrition. Try to limit spreads such as mayonnaise, margarine, butter, and cream cheese because they add fat and calories and little nutritional value. Instead, try low-fat plain yogurt, different flavors of hummus, mustard or honey mustard, or light dressing.
- **Boost nutrition with tasty toppings.** Try different veggies or fruit. Such as spinach, arugula, sliced zucchini, cucumber, green or red peppers, red onion, grated carrots or sliced apples, pineapple, and banana.
- **Go lean with protein.** Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami. Processed meats such as hams and luncheon or deli meats have added sodium.



Sandwich Sushi

2 slices whole wheat bread
4 tablespoons hummus
1 carrot
1 cucumber
1 avocado



1. Wash hands with soap and water.
2. Flatten the bread slices with a rolling pin or a clean cup or glass.
3. Spread bread slices with hummus.
4. Wash, peel, and grate the carrot.
5. Wash, peel and cut the cucumber into cubes. Cut the avocado into slices or cubes.
6. Fill bread with carrot, cucumber, and avocado.
7. Roll up the bread, pressing gently to seal. Cut the bread into 4 equal size pieces.
8. Enjoy!

You can also add other fillings such as lean meats or cheese.

Peanut Butter Banana Sandwiches

2 slices whole wheat bread
2 tablespoons unsweetened peanut butter
1 banana



1. Wash hands with soap and water.
2. Toast the bread in a toaster.
3. Spread bread slices with peanut butter.
4. Peel and slice banana.
5. Top the bread with banana slices.
6. Enjoy!

You can also try other fruit such as apples or strawberries.

Eat Smart Idaho can help you learn how to eat well for less. For information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties
208-883-2267



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