

August: National Sandwich Month

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Sandwiches make quick, easy, and nutritious meals. August is National Sandwich Month, a great time to try a different type of sandwich or have fun inventing a new sandwich for you or to share with family and friends. Check out the following tips on how to experiment with different veggies and fruits, lean meats, whole grains, and sandwich spreads.



Tips for nutritious and delicious sandwiches:

Choose whole grains. Vary the taste and texture of sandwiches with whole grains. Grains provide many nutrients vital for health, such as dietary fiber, B vitamins, and minerals. Try out different ways to hold sandwich fillings with pita pockets, bagels, tortillas, and whole wheat or rye breads.



Use food labels. The color of a product isn't always a good indicator of whether it's a whole grain. Bread can be brown due to molasses or other added ingredients. Choose foods with ingredients such as these *first* on the ingredient list: brown rice, oatmeal, wild rice, whole-grain corn, whole oats, whole rye or whole wheat.



Also, check the Nutrition Facts Label and choose products with higher fiber content.

Try different fillings. Instead of mixing shredded tuna, turkey, or chicken with mayonnaise, use low-fat plain yogurt. For added flavor and crunch, add chopped onion, celery, and cucumber or pickle.



And, to really kick up the flavor, add in 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 to kick up the flavor and nutrition. Go easy on 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. Give your sandwich a nutritious boost by adding vegetables or fruit. Different veggies include spinach, arugula,



sliced zucchini, cucumber, green or red peppers, red onion, and grated carrots. Fruits to try on sandwiches include 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. Check the ingredient and Nutrition Facts Label to help limit sodium intake.

Food safety for sandwiches on the go. Pack and store sandwiches in an insulated tote. Use an ice pack, gel pack, or freeze a juice box, bottled water or the sandwich itself. For best quality, don't freeze sandwiches with mayonnaise, lettuce, or tomatoes; add them right before eating. Use coarse-textured breads that don't get soggy as the sandwich thaws. Frozen juice boxes, water, and sandwiches will thaw by lunch.



For more food, nutrition and health information go to www.food.unl.edu or scan the QR code with your smart phone or other electronic device to go directly to the website.

Additional Resources & Links:

- **Easy Egg Sandwich Meals.** Eggs are designed for quick mealtime solutions. Scrambled eggs are a perennial favorite for good reason. They're quick, easy, and adaptable to several recipes. <http://food.unl.edu/web/fnh/egg-sandwich>
- **Make Sandwiches a Meal.** With a little planning, you can turn a sandwich into a complete meal. This recipe provides veggies and dairy and is served on whole grain bread. <http://food.unl.edu/web/fnh/garden-vegetable-sandwich>
- **Freezing Sandwiches.** Make your own “fast food” sandwiches for a sack lunch or meal at home, make several sandwiches at once, use “leftovers” or cook extra at a meal for use in tasty and different ways at future meals. <http://food.unl.edu/web/fnh/freezing-sandwiches>
- **Fruity Tuna Salad Sandwiches.** Though this recipe can be made with basic kitchen ingredients, the taste isn't anything like your ordinary tuna salad sandwich. <http://food.unl.edu/web/fnh/tuna-salad-sandwiches>
- **Walk Nebraska Newsletters.** Each month these newsletters cover a variety of topics related to getting active by walking year round. <http://food.unl.edu/web/fnh/walknennewsletters>

- **UNL Extension Calendar** – National Food Days, Weeks, and Months for August. <http://food.unl.edu/web/fnh/august>

Sources:

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5. ChooseMyPlate.gov. Protein Foods Group: Tips for Making Wise Choices. USDA. Accessed July 2013. Accessed at: <http://www.choosemyplate.gov/food-groups/protein-foods-tips.html>.

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