



Healthy Sandwich Checklist

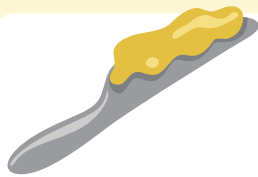


Use this checklist to help you make a healthy sandwich



Bread

Granary, wholemeal, white, rolls, sliced, wraps, thins.



Spread

Reduced or low fat – you might not need spread if your sandwich filling is moist!



A Filling

Cheese, ham, chicken, tuna, hummus or egg.



Fruit and vegetables

Tomatoes, cucumber, peppers, sweetcorn, carrot, lettuce. **Add two types to your sandwich.**



Other

Low or reduced fat salad cream, mayonnaise, salad dressing. **You don't have to add these!**

