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COOKING TIPS / FOOD FOR THOUGHT / MEAL PLANNING / MARCH 4, 2016

## 4 Ways to Cut Calories from Your Sandwich



We all know about the humble sandwich, a convenient meal that rarely fails to satisfy. However, loading on too many add-ons and condiments can transform your sandwich into a shocking calorie bomb. Although it may not seem like a lot, small swaps can make a huge difference in the end. Check out nutrient dense sandwich ingredients to stack a flavorful, nutritious sandwich without tanking your calorie goal!

## 1. Start with a light bun.

The bun is your carbohydrate-rich energy source packed with plenty of B vitamins and fiber, a beneficial nutrient to keep you “regular” and stabilize blood sugar to help keep your cravings at bay. While whole-wheat bread is good choice, you can also change up your sandwich game with a whole-wheat wrap or pita.

ITEM (SERVING SIZE)	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
100% whole-wheat bread (2 slices)	160	2	28	4	3	8
Whole-wheat tortilla (8-inch diameter)	130	4	19	4	1	4
Whole-wheat pita (2 small, 4-inch diameter)	145	1	30	3	2	6

Looking to save even more calories? Think outside the bun, and use large, leafy vegetables instead of bread. For those who struggle to eat within their calorie goal, vegetable wraps are an ingenious idea that kill two birds with one stone, shaving calories and getting an extra dose of vegetables.

ITEM (SERVING SIZE)	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Cabbage (4 medium leaves)	20	0	5	2	3	1
Lettuce (4 large leaves)	15	0	3	1	1	1
Collard (1 large leaf)	12	0	2	1	0	1
Endive (6 small leaves)	13	0	3	2	0	1

## 2. Choose your lean protein.

Your protein-packed sandwich filling can help you feel satisfied sooner and for longer after a meal. When choosing the perfect protein to strengthen your sandwich recipe, opt for lean options like chicken breast over fatty cuts of pork to shave off nearly 100 calories! Also, watch out for processed lunch meats, as they are often high in sodium and may contain sodium

nitrate, a preservative that [increases your risk for cancer](#). Look for lean, high-protein, low-sodium varieties like:

ITEM (SERVING SIZE)	CALORIES	FAT (G)	CARB (G)	PROTEIN (G)	SODIUM (MG)
Low-sodium turkey breast deli meat (2 ounces)	60	1	0	12	360
Low sodium, extra-lean cured ham (2 ounces)	60	1	0	10	320
Lean roast beef (2 ounces)	108	5	0	15	45
Boneless, skinless chicken breast (3 ounces)	130	3	0	26	44

For the vegetarian or flexitarian, load up on your essential amino acids with the following:

ITEM (SERVING SIZE)	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)	SODIUM (MG)
Sliced boiled egg (1 large)	70	5	1	6	62
Black bean burger patty (1 patty)	110	4	13	10	328
Swiss cheese (1 ounce slice)	110	8	1	8	52
Provolone cheese (1 ounce slice)	80	5	1	7	172
Part-skim mozzarella cheese (1 ounce slice)	70	5	1	7	175

**TIME-SAVING TIP:** Use leftover proteins like rotisserie chicken or marinara with meatballs for a budget-friendly and simple sandwich. Frozen turkey or black bean burger patties are convenient, too!

### 3. Stuff your sandwich with fiber-packed veggies.

Most sandwiches and burgers include the standard tomato and lettuce, but they don't make much of an impact on your fiber quota for the day. Up your fiber intake with an array of low-calorie vegetables that are also loaded with vitamins, minerals and phytochemicals. Layer on as many veggies as possible like these fresh choices:

ITEM (SERVING SIZE)	CALORIES	FAT (G)	CARB (G)	FIBER (G)	PROTEIN (G)
Baby spinach (1 cup)	7	0	1	1	1
Mushroom (1/2 cup)	8	0	1	1	1
Sliced cucumber (1/2 cup)	8	0	2	1	0
Bell pepper (10 rings)	14	0	3	1	1
Onion (2 medium slices)	11	0	3	1	0

**TIME-SAVING TIP:** Leftover side dishes, like roasted butternut squash and stir-fry veggies or salads are great sandwich fillers. Precut all your veggies (and fruit, if you're gutsy) at the beginning of the week, so that you can assemble and go during your busy workdays.

#### 4. Boost flavor with your favorite spread.

Condiments give your sandwich the extra push it needs to cross the border from bland to delicious. But, watch out for high-sodium or high-sugar condiments like ketchup and barbecue sauce. Choose minimally processed condiments lower in salt, fat and sugar like:

ITEM (SERVING SIZE)	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)	SODIUM (MG)
Light mayonnaise (1 tablespoon)	36	3	1	0	124
Guacamole (2 tablespoons)	45	3	2	0	110
Hummus (2 tablespoons)	50	2	4	2	114

Overall, the possibilities in making a healthy sandwich are endless, so have fun, get creative and we hope that we've given you fresh ideas for making easy, delicious, healthy sandwiches! Check out some of these recipes, and start cooking:

#### 1. [Grilled Cuban](#) | Clean Eating Magazine

*Nutrition (per serving):* Calories: 231; Total Fat: 6g; Saturated Fat: 3g; Monounsaturated Fat: 2g; Cholesterol: 36mg; Sodium: 617mg; Carbohydrate: 24g; Dietary Fiber: 4g; Sugar: 4g; Protein: 20g

#### 2. [Turkey Panini with Sun-dried Tomatoes](#) | Clean Eating

*Nutrition (per serving):* Calories: 260; Total Fat: 6g; Saturated Fat: 2g; Monounsaturated Fat: 0g; Cholesterol: 25mg; Sodium: 830mg; Carbohydrate: 34g; Dietary Fiber: 5g; Sugar: 4g; Protein: 16g

### **3. Turkey Apple & Chutney Sandwich | The Salt Solution Cookbook**

*Nutrition (per serving): Calories: 254; Total Fat: 5g; Saturated Fat: 2g; Monounsaturated Fat: 0g; Cholesterol: 23mg; Sodium: 578mg; Carbohydrate: 36g; Dietary Fiber: 4g; Sugar: 12g; Protein: 19g*

### **4. Open-Face Steak Sandwich | MyFitnessPal's Original Recipes**

*Nutrition (per serving): Calories: 296; Total Fat: 16g; Saturated Fat: 6g; Monounsaturated Fat: 4g; Cholesterol: 57mg; Sodium: 432mg; Carbohydrate: 18g; Dietary Fiber: 2g; Sugar: 2g; Protein: 20g*

### **5. Soy-Marinated Pork Sandwich | Cooking Light**

*Nutrition (per serving): Calories: 290; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 55mg; Sodium: 352mg; Carbohydrate: 30g; Dietary Fiber: 4g; Sugar: 10g; Protein: 25g*

### **6. Grilled Blue Cheese & Pear | Clean Eating**

*Nutrition (per serving): Calories: 244; Total Fat: 5g; Saturated Fat: 2g; Monounsaturated Fat: 0g; Cholesterol: 8mg; Sodium: 302mg; Carbohydrate: 36g; Dietary Fiber: 6g; Sugar: 13g; Protein: 10g*

### **7. Open-Faced Avocado Egg Salad Sandwich | Avocadoes From Mexico**

*Nutrition (per serving): Calories: 354; Total Fat: 24g; Saturated Fat: 5g; Monounsaturated Fat: 13g; Cholesterol: 280mg; Sodium: 397mg; Carbohydrate: 24g; Dietary Fiber: 9g; Sugar: 8g; Protein: 14g*

### **8. Curry Chickpea Salad | Dietitian Debbie Dishes**

*Nutrition (per serving with burger bun): Calories: 247; Total Fat: 4g; Saturated Fat: 1g; Monounsaturated Fat: 0g; Cholesterol: 1mg; Sodium: 429mg; Carbohydrate: 43g; Dietary Fiber: 8g; Sugar: 5g; Protein: 12g*