



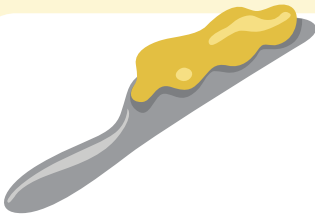
# Healthy sandwich checklist

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!**

