



healthyfood@sport

Nutritious Sandwiches and Tips to Decrease the Unhealthy Energy - Fact Sheet



Give your Sandwich a Healthy Boost! Are you bored of the same old sandwiches? Well this month we have given the humble sandwich a **GREEN** health boost! Not only are they delicious and nutritious, but these sandwiches are easy as 1, 2, 3... Below we have equipped you with some easy steps:

STEP 1: Choose your bread as the base

Suitable bases are foods that provide carbohydrates and fibre, which are essential to maintain energy and concentration levels. Choose from the following **GREEN** bases:

- Bread, wraps, rolls, English muffins. We recommend offering a variety of wholemeal, wholegrain and/or white high fibre options.

STEP 2: Spreads

If using spreads such as margarine, mayonnaise, and salad dressing choose:

- Polyunsaturated with reduced salt and use sparingly.

STEP 3: Fancy fillings

Fillings should include a combination of vegetables and protein and/or dairy foods. Ideally, a sandwich should contain at least two different vegetables and/or one serve of protein or dairy. If selecting meats choose lean/trimmed (reduced fat and reduced salt) options.

Examples of vegetable and protein/dairy combinations are:

- Lettuce, carrot, avocado (three different veg) and roast beef (protein);
- Lettuce, tomato (two different veg), lean burger patty (protein) and slice of reduced fat cheese (dairy);
- Mushrooms, shallots, tomatoes (two different veg) and grated cheese (dairy);
- Bolognese made from vegetables (two or more different veg) and lean mince (protein) served with a dollop of low fat natural yoghurt (dairy);
- Egg (protein) and salad (two or more different veg); and
- Baked beans (one veg and protein), legumes or lentils. These are extremely economical and versatile, and count as both a vegetable and protein.



QUICK TIPS

How to Decrease the Unhealthy Energy We May Be Giving Our Children.

Children need energy from a range of nutritious foods. However, large serves of food and food high in fat and sugar can provide an unhealthy number of kilojoules to children.

To limit excess kilojoules try these tips:

- Make smaller serves (this will also boost your profits);
- Choose foods with reduced fat and sugar content (e.g. replace whole milk with reduced fat);
- Use reduced fat cheese;
- Use reduced fat evaporated milk instead of cream;
- Replace sour cream with natural reduced fat yoghurt;
- Use canned or frozen fruit that is unsweetened or in natural juice; and
- Choose un-iced muffins and fruit scones instead of iced cupcakes and slices.

Nutrition - Check Out These Interesting Facts!

A sweet potato contains more vitamins than a regular potato.



The blackberry is a member of the rose family and contains 60 mg of calcium per 100 gs.



Buckwheat is not related to wheat and is not a cereal – it's a fruit seed.



Dates are packed with fibre – why not add some dates in your treats for Christmas.
Please refer to the 'Choc Balls' recipe featured in this month's newsletter.



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