

Build a Better Sandwich with MyPlate

Every day, nearly half of all **Americans** enjoy a sandwich*



Simple ways to add nutrition to any meal



Quick to prepare



Portable



Easily personalized based on taste and cultural preferences

...and, most importantly, **delicious**

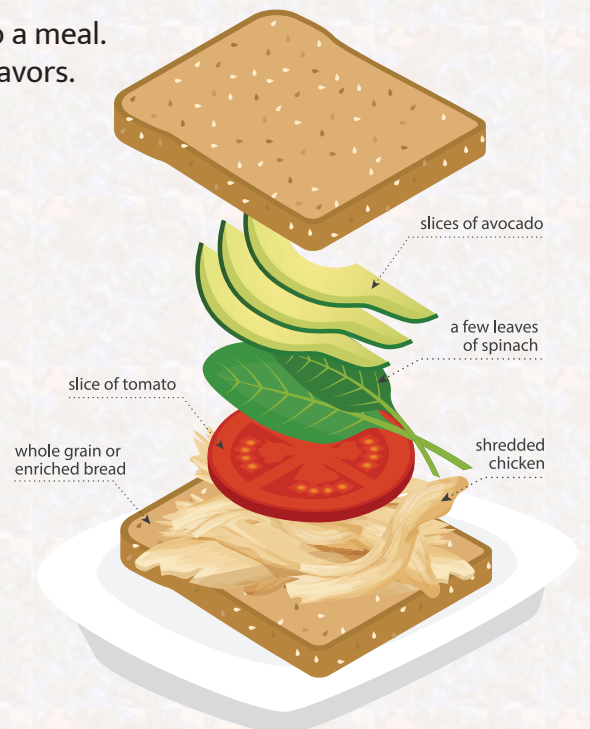
THE INGREDIENTS **INSIDE** THE SANDWICH

FROM THE BREAD TO THE INSIDES, SANDWICHES ARE FILLED WITH TASTY NUTRITION

BUILD A BETTER SANDWICH MAKE IT COUNT!

Sandwiches are an easy, budget-friendly way to add more nutrition to a meal. Sandwiches are also a perfect way to explore different cultures and flavors.

- 1 Start with the grains.** There are endless options to choose from! Try your favorite whole grain or enriched bread, pita, tortilla, bagel, bun, English muffin, or naan. Can't decide? Mix and match!
- 2 Pile on the produce.** Explore lots of flavors, colors, and textures found in shredded carrots, raisins, apple slices, broccoli slaw, pears, spinach, and sliced tomato.
- 3 Pick your protein.** Use leftover slices of chicken, lean beef, or pork; canned tuna and salmon; eggs; nut butters; and mashed beans.
- 4 Swap the spread.** Try spreads lower in sodium, saturated fats, and added sugars such as avocado, hummus, non-fat Greek yogurt, nut butters, mustard, smashed black beans, roasted garlic, low-fat mayo, and mashed berries.
- 5 Cut costs without losing flavor and fun.**
 - Choose in-season fruits and veggies.
 - Be creative in pairing flavors (like sweet, savory, spicy), textures (crunchy, smooth, creamy, crispy), and temperatures (cold, hot).
 - Start with leftovers and produce you have in your fridge.



fresh avocados



nutrient-dense • heart-healthy



*Source: Sebastian et al. Sandwich consumption by adults in the U.S.: What We Eat In America, NHANES 2009-2012. Food Surveys Research Group Dietary Data Brief No. 14. Dec 2015.