How to Make a Sandwich

Avoiding a Sandwich Slump

Bringing the same sandwich everyday can get boring. Use these suggestions to liven up your sandwich!

**Experiment with spreads**
- Pesto
- Spicy mayo
- Honey mustard
- Lite salad dressings
- Balsamic vinegar

And many other kinds of sauces can help add variety. If you choose one that has a lot of liquid, like balsamic vinegar, pack it in a separate container and add right before eating.

**Load up on vegetables**
- Cucumbers
- Peppers
- Avocado
- Red onion
- Spinach
- Tomatoes
- Bean Sprouts
- Sliced radishes
- Arugula

**Breads**
- Use whole grain bread
- Look for the symbol above to ensure that your bread is whole grain.

**Vegetables**
- Place dry vegetable next to the bread
- This step helps to keep your sandwich from getting soggy
- Dry vegetable are: leafy greens, radishes, peppers.

**Moisture**
- Layer moist ingredients in the center of the sandwich
- Meat, tomatoes, and spreads are all examples

**Cheese**
- Cheese can go on top of the moist ingredients to act as a barrier
- Extra thin slices of cheese can be used to cover the whole sandwich without adding too much cheese