

Build a Better Sandwich with Eat Real Food

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

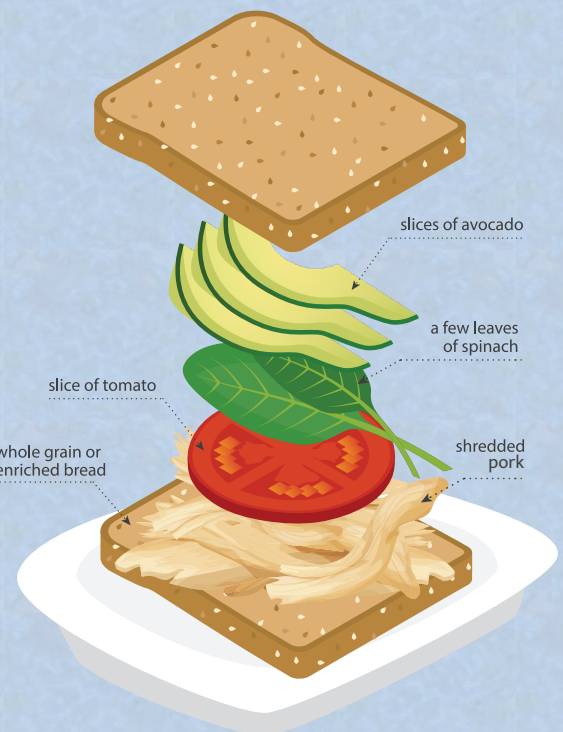
THE INGREDIENTS **INSIDE** THE SANDWICH

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

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 whole 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 pork, beef, chicken; canned tuna and salmon; eggs; nut butters; and mashed beans.
- 4 Swap the spread.** Try spreads lower in sodium and added sugars such as avocado, hummus, full-fat Greek yogurt, nut butters, mustard, smashed black beans, roasted garlic, 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.

BUILD A BETTER SANDWICH MAKE IT COUNT!



*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. DGA: <https://www.dietaryguidelines.gov/> Previously created by DGA2020 National Strategic Partners. Modified and supported by National Pork Board.