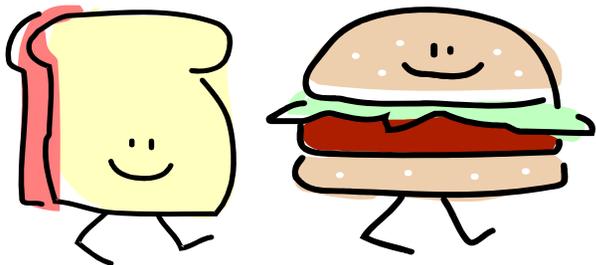


Nearly 1/3 of all home-prepared lunches include a sandwich, Subway is a booming business, and the sandwich line in the cafeteria is never short ... obviously these guys are in high demand!

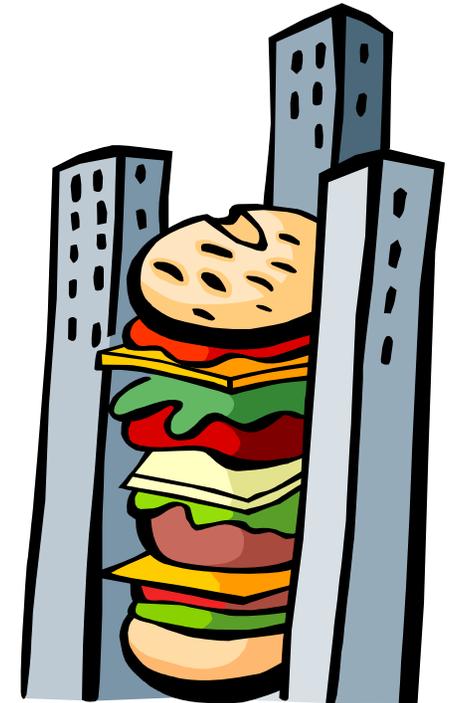
Sandwiches come in so many forms and varieties they have the potential to be the main dish of a well-balanced meal; however, just a few poor sandwich choices could turn this potentially ideal choice into a danger zone.



Because healthy sandwich options are almost limitless, you can eat right and never have to worry about getting bored!



Build a  
BETTER  
SAND-



University of Dayton  
Dining Services

Wylan Ganote RD/LD

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Updated 2006

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For more info visit:  
[www.wral.com/health/5674686/detail.html](http://www.wral.com/health/5674686/detail.html)

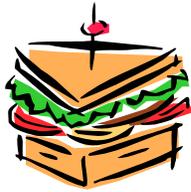
# Make them healthy so you can eat them often. Here's how:

- Choose a whole-grain bread, roll, or pita pocket to add fiber content.
- Choose 2-3 oz of lean meat or poultry for protein, iron, and other nutrients. (lean roast beef, ham, chicken, turkey)
- Make or order tuna, ham, chicken, or egg salad with less mayonnaise or with reduced-fat or fat-free mayonnaise.
- Add flavor and texture to the sandwich by loading up on vegetables (red/green peppers, tomatoes, cucumber, onions, grilled vegetables).
- Hold the cheese (if you need cheese on your sandwich, try using a smaller amount of the sharper, more flavorful cheeses, such as parmesan )
- Be smart with the dressing!



(Believe it or not, this is usually a restaurant sandwich's most abundant calorie contributor. Try to stick to mustard, vinegar, or fat-free salad

Fast Food sandwiches can be a healthy option if you choose them right:



## Some of the Better Choices:

**Subway's Savory Turkey Breast and Ham (6") Sub**

290 kcal 5g Fat

**Subway's Sweet Onion Chicken Teriyaki (6") Sub**

370 kcal 5g Fat

(Hold the sauce to cut back on calories even more!)

**Arby's Reg. Roast Beef Sandwich**

320 kcal 13g Fat

**Arby's Junior Roast Beef Sandwich**

270 kcal 9g Fat

**Penn Station's Turkey Dagwood Sandwich—Lite**

242 kcal 4.14g Fat

**Penn Station's Philadelphia Cheesesteak Sandwich (w/out mayo) - Lite Size**

393 kcal 14g Fat



## WATCH OUT

**FOR:** Subway's Double Meat Meatball Marinara (12") Sub  
1,920 kcal 84g Fat

Subway's Double Meat Classic Tuna (12") Sub  
1,580 kcal 110g Fat

Arby's Market Fresh Roast Turkey, Ranch & Bacon Sandwich  
830 kcal 38g Fat



Arby's Market Fresh Chicken Salad Sandwich  
770 kcal 38g Fat

Burger King's Double Whopper w/ Cheese 1,060 kcal 69g Fat

Burger King's Double Croissan'wich w/ Sausage, Egg, & Cheese  
750kcal 60g Fat



HAVE IT YOUR WAY®



... make it the **HEALTHY** way!