

The keys to a healthy sandwich

Healthy Eating Advisory Service

Early childhood services

1. Choose a bread

Best choices: wholemeal, wholegrain, multigrain

Also try:

- Rye bread
- Sourdough
- Fruit bread
- Mini dinner rolls, rolls or bagels
- English muffins or crumpets
- Flat breads/wraps, pita or tortilla
- Focaccia or Turkish bread
- High fibre white bread

2. Choose a spread

(low-fat and salt-reduced where possible)

- Hummus, spring onion dip, tzatziki, vegetable based dips, salsa
- Cream cheese, cottage cheese, ricotta
- Creamed corn, mashed avocado
- Pesto, mayonnaise, sweet chilli sauce, cranberry sauce, gherkin spread, chutney, mustard, relish
- Tomato sauce
- Margarine



4. Add some protein

- Chicken or turkey
- Tuna (in springwater) or salmon
- Egg, boiled, scrambled, sliced or mashed
- Lean ham or pastrami
- Grated cheese, cream cheese, cottage cheese
- Roast beef, beef rissoles or burgers
- Baked beans (salt-reduced)
- Peanut butter (if policy allows)
- Baked falafel
- Sliced meatballs or bolognaise sauce

3. Add some veg

- Coleslaw
- Chargrilled zucchini, eggplant, capsicum
- Shredded lettuce, baby spinach leaves or salad mix
- Grated carrot
- Thinly sliced vegetables (e.g. tomato, cucumber, capsicum)
- Beetroot
- Corn kernels

Sandwich combination ideas

1. Bread	2. Spread	3. Vegetable	4. Protein
Wholemeal	Mayonnaise	Coleslaw	Roast chicken or turkey
Pita bread	Pesto	Chargrilled vegetables	Roast chicken
Mini dinner rolls	Salsa	Corn kernels and grated veggies	Tuna
Bagel	Chutney	Salad	Roast beef
Sourdough	Cream cheese	Tomato	Lean ham
English muffins (toasted or open sandwich)	None	Baked beans	Grated cheese
Wrap (pita or tortilla)	Hummus	Salad	Grated cheese
High fibre white bread	Margarine	Grated carrot	Grated reduced fat cheese
Fruit loaf or raisin bread	Cream cheese	Grated carrot and sultanas	Cream cheese
Fruit loaf or raisin bread	Honey	Banana and currants	Ricotta

Tips

- Cut sandwiches into triangles or squares to make it easy for little hands.
- English muffins make great healthy pizza bases. Split the muffin in half and use each piece as a base. Try making faces out of the toppings – this makes adding veggies more fun!
- Include bread and fillings in lunchboxes and allow children to construct their own sandwich.
- Children are more likely to try new sandwich combinations if they have catchy names, such as:



Zebra or Tiger sandwich

One slice of white bread and one slice of wholemeal bread with your choice of toppings. It's a great way to add wholemeal/grainy bread to the menu!

Traffic Light sandwich

Two slices of bread spread with red, orange and green fillings. Cut the sandwich into fingers, and then cut three circles out of the top slice of each finger to reveal the 'traffic lights'.

Pinwheel or sushi sandwich

A slice of bread with a spread and fillings (e.g. avocado, cheese and grated carrot), rolled up, cut in half and displayed with the filling showing.

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