**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

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.