Tips to Build a Better Bun

Switching full fat, high calorie options for more nutrient dense components is better for your health overall. How? Easy swaps can provide healthier whole grains packed with fiber that are good for your heart and keep you fuller longer. Plus, the antioxidants found in various toppings may help protect your immune system. For a punch of antioxidants, try adding any of the following: apples, berries, sprouts, eggs, tomatoes, onions, mushrooms and whole grains. Overall, you’ll consume a sandwich big on flavor and nutrients and fewer calories, which can help control your waistline. Not only that, choosing your sandwich toppings allows you to be creative and control what’s on your bun.

**Follow These Guidelines:**
1. Check prepackaged and deli-fresh meats for sodium content.
2. Vegetables add both nutrients and flavor. Fresh greens, tomatoes, onions and peppers are all simple, delicious choices.
3. Condiments don’t need to be high in fat to be high in flavor. Need suggestions? Try mustard, honey mustard, or even a small dab of light dressing.
4. Don’t limit yourself to just a bread base. There are many whole wheat tortilla options and lettuce wraps.

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**MyMenu**

Our most useful tip: First create new sandwich recipes with MyMenu. Not only can you view all available ingredients, but you can sort through the items and know exactly what to use to make a new sandwich creation.

Try this formula to build a yummy sandwich big on flavor and nutrients:

**BREAD BASE + PROTEIN + VEGETABLES + OPTIONAL TOPPINGS**

**Use Less**
- White Bread
- American Cheese
- Mayonnaise
- Salami
- Bologna

**Use More**
- Whole-wheat
- Soft Cheeses
- Olive Oil
- Pesto & Yogurt
- Vegetables
- Hummus

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**Northern Michigan University DINING**

**SANDWICH MONTH**

**WHAT’S ON YOUR BUN?**

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LIVE WELL, WILDCATS! TO REACH US: LIVEWELL@NMU.EDU