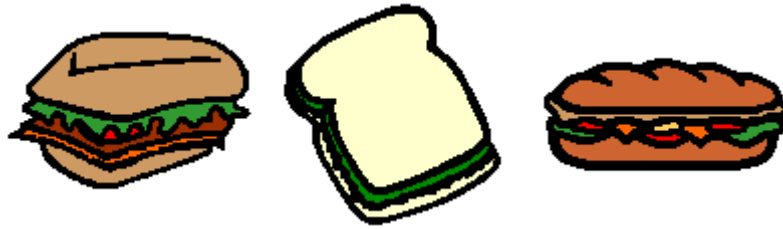


Sandwich ideas



- ham, mustard and salad
- low fat cheese spread and cucumber
- chicken and reduced calorie coleslaw
- chopped boiled egg and tomato
- tuna mixed with sweetcorn
- hoummus and salad
- cottage cheese and pineapple
- lean roast beef, salad and horseradish sauce
- tinned salmon and cucumber

Use different breads such as wholemeal, granary, rolls, French stick, pitta bread and bagels.

Some sandwich fillings are moist enough to spread on bread without butter or margarine. Or use a small amount of low fat spread.

Add salad to the sandwich or serve with a side salad.

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