

Savy Sandwiches

Kia ora koutou,

For decades, sandwiches have been the main item in kiwi children's lunchboxes. Whether they are filled with peanut butter, marmite and cheese, egg, or chicken and salad, sandwiches are winning options for the lunchbox! Bread contains carbohydrates, dietary fibre (in wholemeal/grain varieties), iodine and folate which are all important as part of a varied diet.

As with most foods, there are some varieties that are better choices than others. The good news is that no matter what your budget is, there is a good choice for all! Ministry of Health guidelines suggest choosing wholemeal/grain options wherever possible as these contain more dietary fibre, which helps you feel fuller for longer, supports normal bowel function and gives you longer lasting energy.

To make sandwiches that fill you up and offer the most nutrients for your health, wellbeing, and concentration, check out the hints below:

- Choose high fibre bread, wraps or pita pockets (wholemeal or wholegrain is best)
- Add some protein. Peanut butter, egg, chicken, lean meat, hummus, cheese, tuna, salmon are all great options
- Add some veges, anything goes. Lettuce, spinach, tomato, capsicum, grated carrot, avocado, beetroot
- Watch the spread. If you use spread, challenge yourself to only use a light scraping, or try using hummus, relish or chutney. A little goes a long way!

Sandwich filling ideas

- Banana and peanut butter
- Canned tuna with tomato
- Grated cheese, lettuce and mayonnaise
- Grated apple, chopped raisins and peanut butter
- Mashed egg and lettuce
- Marmite/Vegemite and cheese
- Grated carrot and cheese
- Hummus, lettuce, grated carrot and cheese



Ngā mihi nui,
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