

FOOD MATTERS

WITH SUE RADD



Consultant
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TOP SANDWICH TIPS

A healthy sandwich can be one of the most satisfying fast foods. Try the blueprint below and let your imagination guide you through the endless combinations!

Healthy sandwich blueprint = wholegrain bread + spread + filling + salad

Bread—White hi-fibre breads do not replace the total goodness found in wholemeal breads. Look for breads made from whole grains, such as wheat, rye, barley and corn. Seeds such as sunflower, poppy and linseed are a bonus. Soya adds moisture and phytoestrogens. Breads, such as lavish, pocket pita, burrito and focaccia, add variety in texture and shape. Wheat-free, gluten-free, dairy-free, low-protein and low-salt are all available to meet the needs of special diets.

Spreads—Use those that add moisture but less fat than butter or margarine. For a plain flavour, try ricotta or cottage cheese, or fat-free mayo. If you want a more exotic sandwich, then hommus, babaghanoush (eggplant dip) or tzatziki (yoghurt and cucumber dip) are terrific. For those who can't go without, Marmite adds B vitamins and iron. If watching your

fat intake, choose low-fat varieties where possible.

Fillings—These can add protein, iron and vitamin B₁₂ to your diet, depending on your choice. The new Sanitarium Soy Healthy slices—original, smoked or garlic and herb—are super tasty. Longa Life meat-free smallgoods, such as vegehenchen, are also a nice addition. If you're more adventurous, try falafel balls and tofu burgers. Other more traditional options include reduced-fat cheddar cheese, boiled egg, baked beans and soya beans in tomato sauce.

Salad—Go for a variety of fresh vegetables including gourmet salad leaves or baby spinach, vine-ripened tomatoes, watercress, sprouts, grated zucchini or carrot, spring onions, cucumber, spanish onion, tabouli, sliced avocado and chopped fresh herbs such as mint, dill and coriander. Alternatively, oven-roasted capsicum and grilled eggplant or marinated mushrooms and artichokes are delicious, and you don't need to use much to add flavour.

See *page 44* for a selection of healthy food recipes your kids will love.