



Did you know that August is National Sandwich Month???

Sandwiches can make quick, easy, and nutritious meals. Check out the following tips on how to experiment with different veggies and fruits, lean meats, whole grains, and sandwich spreads.

~Choose whole grains~ Grains provide many nutrients vital for health, such as dietary fiber, B vitamins, and minerals.

~Try different fillings~ Instead of mixing shredded tuna, turkey, or chicken with mayonnaise, use low-fat plain yogurt.

~Sandwich spreads~ Go easy on spreads such as mayonnaise, margarine, butter, and cream cheese because they add fat and calories and little nutritional value. Instead, try low-fat plain yogurt, different flavors of hummus, mustard or honey mustard, or light dressing

~Boost nutrition with tasty toppings~ Give your sandwich a nutritious boost by adding vegetables or fruit. Different veggies include spinach, sliced zucchini, cucumber, and peppers. Fruits to try on sandwiches include sliced apples, pineapple, and banana.

~Go lean with protein~ Choose lean turkey, roast beef and ham. You can bake your own turkey or chicken breast for the week for sandwiches.

Physical Activity for Youth Encourage youth to be physically active through:

- Age-appropriate activities
- Doing three types of activity - aerobic, muscle-building and bone-building
- Participation in activities they enjoy

Examples of moderate-intensity aerobic activities:

- Hiking, skateboarding, rollerblading, bicycling
- Brisk walking

Examples of muscle-strengthening activities:

- Games such as tug-of-war
- Rope or tree climbing

Examples of bone-strengthening activities:

- Hopping, skipping, jumping, and hopscotch

