

Out & About Dilemma at the Deli?



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Did you know that your choice of bread, meat, cheese, vegetables and condiments can turn your deli creation into either a healthy lunch or a ticking calorie time bomb? Look for healthy choices that fill you up, not out! Here are some solutions for the great Deli Dilemma...

Lean Meats

- Roast turkey
- Grilled or Roasted chicken
- Roast beef
- Lean ham

Toppings

- Green peppers
- Onions
- Tomatoes
- Cucumbers
- Lettuce
- Mustard
- Low-fat mayo
- Flavored vinaigrettes
- Hummus
- Guacamole (go lightly)

Breads

- Whole wheat
- Whole grain
- Pita
- Wrap



Great Deli Tips!

- Load up on veggies! Be adventurous — try something new.
- Stick with 3 ounces or less of meat in your sandwich.
- Add a bag of baked chips or low-fat pretzels and yogurt to round your meal.
- Choose a combo meal with half a sandwich and side soup. Maybe a garden salad to trim the additional calories found in a regular “foot-long” or whole sandwich?
- If you have an urge for a high-fat bread, such as a croissant or focaccia, team it with low-fat fillings and sides such as a garden salad and pretzels to balance the calories.
- Cheese adds calcium and calories to your sandwich, so choose lower fat varieties such as Swiss or Provolone.
- Say "NO" to prepared fillings such as chicken salad or tuna salad. Chicken and tuna are lean meats, but these salads are often prepared with high-fat/high-calorie mayo. Ask before you order!

Turkey, Bacon, & Avocado Panini



Ingredients

- 4 slices sourdough bread
- mayonnaise
- 1 avocado sliced
- 6 slices turkey breast
- 6 slices maple sugar coated bacon
- 2 Gouda Cheese, slices
- 2 Pepper jack cheese, slices

Instructions:

Preheat the oven to 425 degrees F. Place a pound of bacon on a parchment lined half sheet pan. Sprinkle generously with granulated maple sugar. Bake in the preheated oven for about 20 minutes, or until golden and crispy. Use tongs to remove the bacon from the hot sheet pan and place on paper towels on a plate.