



Build a Smarter Sandwich

Nearly half of American adults eat sandwiches on any given day. These meals can account for about one-fifth of your sodium intake. Extra salt can add up to high blood pressure, heart disease and strokes. To make a healthier sandwich:

- ✓ **Mind your meats.** Six thin slices of cold cuts or cured meats can provide as much as half of your daily sodium needs. Buy lower-sodium versions.
- ✓ **Pick better bread.** Whether white, wheat or pumpernickel, bread and rolls are a major source of salt. Opt for low-sodium or no-salt-added versions.
- ✓ **Cut out condiments.** Use only a small amount of barbecue sauce, mustard, ketchup, horseradish or pickles. Instead, flavor foods with garlic, herbs and spices.