

# How to build a healthy sandwich for your dinner?

You can choose several combinations of ingredients to build a healthy sandwich and to experiment different foods and tastes.

The only rule you should apply is the use of different food groups:

- Cereal-based products, better if whole grain;
- Vegetables of different colours;
- Eggs, meat or fish as a good source of proteins;
- Oil or cheese as source of fats.

You can also decide to add some spreads (e.g. legume-based spreads) to make your sandwich testier!



**Whole grain breads**

+



**Veggies**

e.g. tomatoes, cucumber

+



**Good source of proteins**

e.g. Eggs, chicken, turkey, salmon, tuna

+



**Greens**

e.g. green salad, cabbage

+



**Spreads or fats**

e.g. hummus, olive oil, light cream cheese

+



**Whole grain breads**

