

Mayo Clinic Minute

Tips for a healthier sandwich

Video	Audio
	The sandwich. Convenient and delicious, but not all fillings are the same, especially when it comes to deli meats.
Katherine Zeratsky Dietitian Mayo Clinic	“If it’s gone through a grinder, and had sugar and salt and other things added, it’s now been more highly processed.”
	But what about your favorite rotisserie chicken? Katherine Zeratsky says it’s a step in the right direction, but it will have added sodium.
	“Most chicken products do because they are leaner, and, so, they’re adding a little salt in there to hold the moisture.”
	Zeratsky says knowing that, you can still create a healthy lunch.
	“Complement that with other nutritious foods, like fruits and vegetables. That way, you’re getting some added potassium.”
	A sandwich and a banana. Seems like a good match, but why?
	“Potassium, on the flip side from sodium, you have two nutrients that can work for and against your blood pressure. And, so, you’re just creating a better balance overall.”
	Be sure to use a whole-grain bread to get your fiber, and consider an avocado, tomato or sprouts for added health benefits.
	For the Mayo Clinic News Network, I’m Ian Roth.