

Mayo Clinic Minute

Tips for a heart-healthy sandwich

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