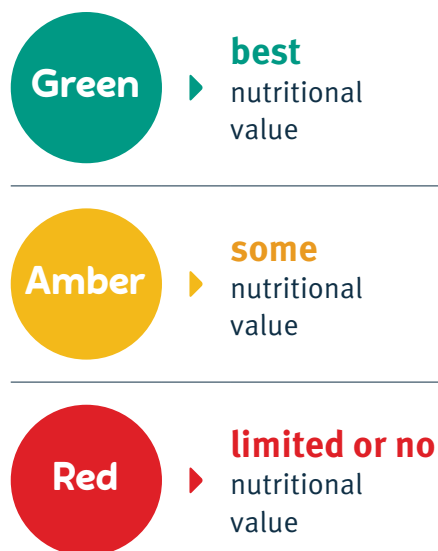




Healthy fillings for sandwiches, wraps and rolls

Sandwiches, rolls and wraps are a staple feature of many cafés, kiosks and catering platters. Try these healthy filling ideas to ensure that healthier options are always on offer.

The *A Better Choice Food and Drink Supply Strategy* classifies foods and drinks into three categories according to nutritional value:



General tips

- Include at least one, but preferably three, vegetable or salad fillings, such as lettuce, spinach, tomato, cucumber, capsicum, carrot, beetroot, mushroom, pineapple, red onion or alfalfa.
- Grilled vegetables add flavour and texture, but use only minimal amounts of vegetable oil (a brush or a spray) when cooking. Try zucchini, eggplant, pumpkin, mushrooms or red capsicum.
- Select wholemeal and multigrain bread, instead of white where possible
- Replace butter with small amounts of poly- or mono-unsaturated margarine.
- Even better, replace margarine with avocado, mustard or reduced fat ricotta, cream cheese or cottage cheese.
- Offer a variety of sandwiches, wraps and rolls.
- Provide a variety of fillings with a focus on vegetables. Include vegetarian and non-vegetarian options.
- Take care with appearance and try using fresh herbs to garnish the platter.

This is to be used as a guide only. Any variations to the combinations listed (including spreads and condiments) may change the classification.

For an accurate classification of food and drinks, use *FoodChecker* (<https://foodchecker.au/>) or contact us at abetterchoice@hw.qld.gov.au.

A Better Choice



Filling suggestions

Try the following **green** and **amber** combinations to fill your sandwiches, wraps, and rolls.

Egg (v)

- Egg with lettuce and mayonnaise (reduced fat)
- Sliced egg and salad*
- Curried egg with carrot and lettuce

Cheese (v)

- Cheddar cheese (reduced fat) with tomato
- Cheddar cheese (reduced fat) with lettuce, cucumber, tomato, chutney
- Cheddar cheese (reduced fat) with salad* and mayonnaise (reduced fat)

Falafel (v)

- Falafel (baked) with tomato, cucumber, baby spinach and tzatziki (reduced fat)
- Falafel (baked) with sun dried tomatoes, mixed lettuce, red onion, and hummus (reduced fat)

Vegetables (v)

- Grilled mixed vegetables (in minimal oil) with pesto
- Grilled mixed vegetables (in minimal oil) with feta (reduced fat)

Chicken or turkey

- Lean chicken breast with lettuce, tomato and mayonnaise (reduced fat)
- Lean turkey breast with salad*
- Tandoori flavoured lean chicken breast with cucumber, spinach and yoghurt (reduced fat)
- Chicken schnitzel (baked) with tomato, lettuce and mayonnaise (reduced fat)

Note: avoid providing large serving sizes of schnitzels. Often half a fillet is adequate for one sandwich

Beef

- Lean roast beef (visible fat trimmed) with tomato, baby spinach and horseradish
- Lean roast beef (visible fat trimmed) with lettuce, tomato, red onion and fruit chutney
- Lean roast beef (visible fat trimmed) with salad* and wholegrain mustard

Ham

- Lean ham with salad* and mayonnaise (reduced fat)
- Lean ham, tomato, lettuce and fruit chutney
- Lean ham with cheese (reduced fat) and tomato or pineapple
- *Note: using reduced sodium ham (<750mg per 100g) would make these **green**.*

Fish

- Tuna (in spring water) with sweet corn, capsicum, tomato, cucumber and lettuce
- Tuna (in spring water) with tomato, lettuce and mayonnaise (reduced fat)
- Salmon (canned) with cucumber and lettuce
- Smoked salmon with cream cheese (reduced fat), spinach, red onion and capers

For further information visit
www.hw.qld.gov.au/a-better-choice
or contact abetterchoice@hw.qld.gov.au.

This resource is adapted from the Healthy Eating Advisory Service's [Healthy sandwich fillings webpage](#)

Copyright © State of Victoria.

(v) vegetarian

* aim for three vegetable or salad ingredients