



Restaurant Guide

Building a Better Sandwich



Request whole grains and extra veggies when you order your next sandwich.

Sandwiches... harmless, right? A couple of slices of bread filled with a bit of lean meat and maybe some veggies. Sure, if you make them at home, sandwiches can make a great light lunch or dinner entree. But picking up a deli-style sandwich at a restaurant is another story. Those sandwiches are often overly stuffed with meat, overly slathered with mayonnaise, and overly salted. That doesn't mean you can't fit a restaurant "sammie" into a healthy eating plan. As long as you know what to look for, there are healthier choices to be made.

The biggest concerns when choosing a sandwich are those piles of animal products (meats and cheese) and rich sauces and seasonings, providing hefty amounts of saturated fat and sodium. Multiple sandwiches on our list contain much more than a day's worth of sodium; and one has more than two days worth of saturated fat. It's also important to think about the positive impact a sandwich can make; they are a great opportunity to boost your fiber intake by choosing whole grain breads, and increase your veggie intake with healthful fillings, like lettuce, tomatoes, cucumbers, and avocado.

Helpful Hints. Think of these tips the next time you're perusing a sandwich menu.

- ▶ **Downsize It.** Even the healthiest restaurant sandwiches can be so tall you have to use a knife and fork to eat them, which often means more calories, sodium, and saturated fat. To enjoy them without overdosing on less-than-healthy nutrients, choose the smallest size available. If only one size is offered, consider sharing it with a friend or taking half home.
- ▶ **Don't Go it Alone.** Most sandwiches don't present a nutritionally well-rounded meal in one. Consider having a serving of fruit, salad, or vegetable-rich soup on the side to maximize your nutritional intake.
- ▶ **Change it Up.** Don't be afraid to make special requests to improve your sandwich. Skip the sauce or get it on the side, ask for your meat to be grilled instead of fried, and request extra lettuce, tomato, or other vegetables.

—Heidi McIndoo, MS, RD

Restaurant Sandwiches Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 5 g saturated fat (25% DV) and 900 mg sodium (39% DV), and at least 3 g fiber (11% DV).

RESTAURANT SANDWICHES (1 EACH)*	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Arby's Beef 'n Cheddar Classic	195	450	20	6	45	1280	2	9	23
Arby's Grand Turkey Club	233	480	24	7	37	1610	2	9	30
Arby's Ham 'n Cheese Slider	91	230	9	3.5	22	750	1	3	13
Arby's Roast Turkey & Swiss Wrap	261	520	27	9	39	1640	4	6	30
✓ Cosi Hummus & Veggie	296	417	7	0	73	553	6	6	17
Cosi Chicken TBM	314	650	20	2.5	46	570	2	1	42
Cosi Turkey Light	238	420	8	1	57	640	2	0	26
D'Angelo's BLT, on multigrain sub (large)	607	1930	145	47.5	90	4620	8	8	77
D'Angelo's Cranberry Pecan Chicken Salad pokket (small)	280	610	36	6	48	800	2	12	27
D'Angelo's Steak Number 9 on Italian sub (small)	328	560	24.5	7	47	1200	3	6	40
D'Angelo's Tuna Salad on a wheat wrap (small)	306	640	45.5	8	42	910	3	5	23
Great Wraps California Turkey Wrap	n/a	550	40	8	58	1720	7	4	28
Great Wraps Falafel Hummus Wrap	n/a	710	31	4.5	93	1510	17	8	21
Great Wraps Gyro Wrap	n/a	580	39	15	41	750	1	3	20
Great Wraps Hummus Veggie Wrap	n/a	460	15	2.5	72	1040	11	6	14
Great Wraps Teriyaki Chicken Philly	n/a	570	18	8	51	5600	1	20	43
Jimmy John's Gourmet Veggie Club	390	970	60	22.5	72	1760	6	n/a	47
Jimmy John's Italian Night Club	417	934	54	14	72	2414	5	n/a	44
Jimmy John's Slim 2	208	480	5.5	1	73	1220	5	n/a	29
Jimmy John's 8" Totally Tuna Sub	419	720	35	4.5	61	1700	6	n/a	36
Jimmy John's 8" Turkey Tom Sub	254	510	21	2.5	56	1240	4	n/a	25
Panera Chipotle Chicken Avocado Melt	n/a	800	43	14	60	1820	7	4	32
Panera Mediterranean Veggie Sandwich	n/a	460	12	3	70	1190	6	9	18
Panera Roasted Turkey, Apple & Cheddar Sandwich	n/a	720	32	12	66	1320	7	16	32
Panera Steak & Arugula on Sourdough	n/a	500	19	8	51	870	4	8	24
✓ Panera Turkey Breast Sandwich on Whole Grain (half sandwich)	n/a	280	9	1.5	32	580	5	4	11
✓ Pita Pit Chicken Breast on Wheat Pita	n/a	301	4.5	1	41	680	4	3	23
✓ Pita Pit Falafel on White Pita	n/a	440	18.5	1.5	60	810	6	4	12
Pita Pit Spicy Black Bean on Wheat Pita	n/a	310	4	0	56	1150	12	4	19
Pret a Manger Classic Cheddar & Tomato	n/a	430	25	10	35	680	3	4	18
✓ Pret a Manger Pret's Tuna Salad	n/a	460	29	2	32	460	3	4	23
✓ Quiznos Turkey Ranch & Swiss (4-inch)	n/a	330	8	5	34	900	3	5	20
Quiznos Ultimate Turkey Club (12-inch)	n/a	1120	50	19	102	3620	9	14	72
Quiznos Veggie Guacamole (4-inch)	n/a	390	22	7	38	720	4	8	15
Schlotzskys Fiesta Chicken (small)	n/a	540	23	11	52	1240	3	4	30
Schlotzskys Ham & Cheese Original (medium)	n/a	730	25	12	81	2620	5	7	43
Schlotzskys Turkey & Guacamole (small)	n/a	320	7	2	50	1120	4	3	18
✓ Subway Black Forest Ham	219	290	4.5	1	46	800	5	8	18
Subway Carved Turkey with Bacon	289	570	26	7	46	1600	5	8	33
✓ Subway Veggie Deluxe	162	230	2.5	0.5	44	280	5	7	8

Notes: *Based on 1 standard serving size each; g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calories/day diet; n/a=information not available, source: restaurant websites