

LIVELIGHTER SANDWICH BUILDER

Build delicious, healthy sandwiches to help you LiveLighter®!

CHOOSE MOST

Fruit and veg

Have them raw, cooked or canned, and aim for a variety of colours and textures.



Tomato



Celery



Cucumber



Carrot



Pumpkin



Beetroot



Apple/pear



Spinach



Capsicum



Mixed greens



Snow peas



Alfalfa sprouts



Mushroom



Avocado



Onion

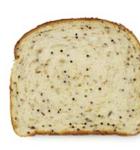
CHOOSE SOME

Breads

Wholegrain, wholemeal and high-fibre white varieties are the best choice. Try something different each time!



Bread roll



Bread



Wrap



Rice cakes



Crackers

Meat and meat alternatives

Choose lean and low-fat options. Aim to have more salad than anything else in your sanger.



Chicken



Lean meat



Egg



Reduced-fat cheese



Fish

ADD A LITTLE

Tasty spreads

These yummy spreads add excitement to your healthy sandwich.



Hummus



Low-fat mayonnaise



Pesto



Low-fat cottage or ricotta cheese



Chutney or salsa

Partner:



Government of **Western Australia**
Department of **Health**



SOME OF OUR FAVOURITES

Pesto Chicken Wrap

Preparation time 5 minutes | **Serves** 1

Ingredients

- ▲ 1 wrap
- ▲ 1-2 teaspoons basil pesto
- ▲ 90g cooked chicken, sliced
- ▲ ¼ Lebanese cucumber, sliced thinly
- ▲ ¼ red capsicum, seeded and sliced
- ▲ ¼ cup alfalfa sprouts, washed and dried

Method

Spread pesto down the centre of the wrap. Layer ingredients, fold the wrap over and roll up.



Roast Beef and Chutney Sandwich

Preparation time 5 minutes | **Serves** 1

Ingredients

- ▲ 2 slices grainy or wholemeal bread
- ▲ 1-2 teaspoons chutney
- ▲ 90g roast beef, sliced
- ▲ 4 slices canned beetroot
- ▲ ½ carrot, peeled and grated
- ▲ Large handful of rocket or other salad leaves, washed and dried

Method

Spread chutney onto one slice of bread. Add other ingredients in the order listed. Make sure that the beetroot and carrot are not touching the bread to avoid a soggy sandwich. Top with the remaining slice of bread.



Cheese, Sundried Tomato and Salad Roll

Preparation time 5 minutes | **Serves** 1

Ingredients

- ▲ 1 wholegrain or wholemeal roll
- ▲ 2 thin slices of reduced-fat cheese
- ▲ 2 halves sundried tomato, sliced
- ▲ ½ Lebanese cucumber, sliced thinly
- ▲ Large handful of mixed lettuce, washed and dried

Method

Pat all ingredients dry with a paper towel. Cut bread roll in half. Over the base, add cheese, sundried tomato, cucumber and mixed lettuce and top with the other half of the bread roll.



Partner:



Government of **Western Australia**
Department of **Health**

