

La Sante Nan Lavi Granmoun: Gran Sandwich¹

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Sandwich kapab yon vit e fasil goute, lè ou mete fwi ladann, epi ou gen yon glas lèt. Anba-a gen pwèn pou-w ka kreye pou-w fè sandwich ou pi remenn!

PEN

Pen vini nan anpil kantite. Eksperyans avèk sandwich ki sou *pita*, *bagel*, ou *tortilla*.

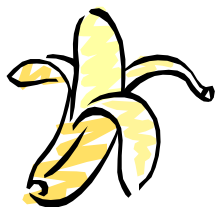


Chwazi grenn manje souvan. Yo ba-w vitamin, mineral, enèj avèk fiber. Eseyè grenn ble, *pumpernickel*, *rye*, ou lòt yo ki fè avèk grenn farin.



FILLINGS

Pou yon pla ki pa gen anpil grès, mete tuna kodenn, poul ki pa genyen anpil grès, yogout angiz mayonèz.



Angiz pen ak manba, eseye manba avèk fig? Mete yon ti siwo myèl poul bay sandwich-la yon pi bon gou.

Eseye pwa kraze ki nan bwat, ou *tofu* avèk zonyon koupe, pesi, lay, piman, ou lòt epis. Pwa pol, pwa nwa, avèk pwa ren travay byen.



Pa manje anpil bagay tankou mayonèze, margarin, bè, avèk fwomaj cotaj. Yo mete kalori avèk grès sou-w epi yo pa gen anpil vitamin e mineral.

Lè w-ap achte vyann nan magazen, chwazi vyann ki panche tankou bèf, kodenn, ou janbon. Mande pou vyann yo pa mete sèl sou li.

TOPPINGS

Bay sandwich ou yon bon nivo nitrisyon, mete legim, o fwi. Eseye pòm, anana, radi, zepina, karòt, ou zukini, tomat, chou, konkonb.



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