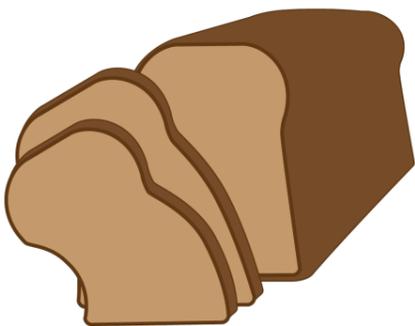




## Healthy Sandwich Fillers



First **wash your hands** with soap and water



Choose healthier options like **brown, seeded** or **wholemeal bread**



### Option 1: TUNA AND CUCUMBER

#### INGREDIENTS

- Tin of canned tuna
- One cucumber
- Low fat mayonnaise



Drain the canned fish



Wash the cucumber

Slice 10-15 thin slices of cucumber



Spread a thin layer of low fat mayonnaise onto each slice of bread

Place cucumber and 2-3 spoonfuls of tuna in the bread

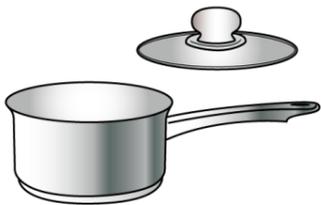
Enjoy!



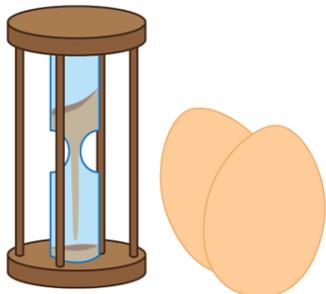
## Option 2: EGG AND TOMATO

### INGREDIENTS

- One egg
- One salad tomato
- Salt and pepper



Heat up a small pan of water



Boil one egg for 8 minutes

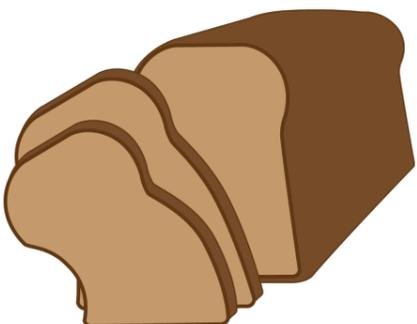
Let the egg cool down by running it under cold water

Peel the egg



Wash one salad tomato

Slice the egg and tomato into thin slices



Place the egg and tomato slices on the bread

Add salt and pepper to taste

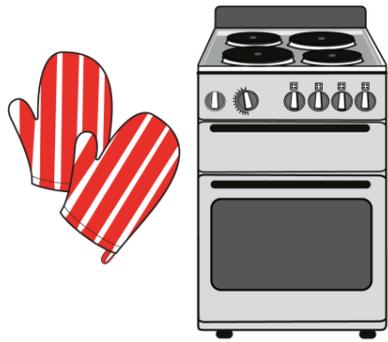
Enjoy!



### Option 3: ROASTED RED PEPPER AND PESTO

#### INGREDIENTS

- One red pepper
- Jar of pesto (about 2-3 teaspoons)
- Salt and pepper



Pre-heat oven to 180 degrees



Wash one red pepper

Slice in half and remove the seeds

Sprinkle with a little salt and black pepper



Place pepper halves on an oven dish

Roast in the oven for 25 minutes

Then let them cool down



Spread a thin layer of pesto onto your bread slices

Slice the pepper into thick strips

Place onto the bread and enjoy!

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049**. Email: [getcheckedoutleeds@nhs.net](mailto:getcheckedoutleeds@nhs.net)