

# Bread Is Back, Baby

For years we've all avoided "evil" carbs, but experts say sandwiches are no longer the enemy. Yay! Here's what a healthy one looks like.

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## The new superbreads

Nutritionists like me love all the new health-packed ones. Their fiber fills you up, keeps blood sugar steady and helps with weight loss. Best bets: the whole-wheat sourdough here and any bread with a label that says "100 percent whole-wheat flour." I also like sprouted-grain or dark pumpernickel.

## A yummy spread

Adding lemon-herb aioli, like we did, is not health sacrilege. One to two teaspoons of it, Dijon mustard or olive tapenade add flavor.

## Yes, cheese

Just choose a strong-flavored sort—like Havarti, here, or goat—so you can use less.

## Avocado: the healthy fat

It keeps you feeling full. A good thing!

## Turkey that didn't come in a wrapper

Pick fresh-roasted turkey or grilled chicken instead of sodium-heavy packaged cold cuts.

## Loads of veggies

We used arugula, sprouts and roasted peppers, but any veggie or fruit will do. Try cukes or even sliced apples or pears.