# Mayo Clinic Minute

## Tips for a healthier sandwich

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<td>The sandwich. Convenient and delicious, but not all fillings are the same, especially when it comes to deli meats.</td>
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### Katherine Zeratsky
Dietitian
Mayo Clinic

“If it’s gone through a grinder, and had sugar and salt and other things added, it’s now been more highly processed.”

But what about your favorite rotisserie chicken? Katherine Zeratsky says it’s a step in the right direction, but it will have added sodium.

“Most chicken products do because they are leaner, and, so, they’re adding a little salt in there to hold the moisture.”

Zeratsky says knowing that, you can still create a healthy lunch.

“Complement that with other nutritious foods, like fruits and vegetables. That way, you’re getting some added potassium.”

A sandwich and a banana. Seems like a good match, but why?

“Potassium, on the flip side from sodium, you have two nutrients that can work for and against your blood pressure. And, so, you’re just creating a better balance overall.”

Be sure to use a whole-grain bread to get your fiber, and consider an avocado, tomato or sprouts for added health benefits.

For the Mayo Clinic News Network, I’m Ian Roth.