



Serving Centre County residents with food needs.

Food Pantries of Centre County



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WHAT NOT TO PUT ON YOUR SANDWICH

Sandwiches can be completely nutritious, and they're especially great when you don't have a lot of time to prepare a meal. The problem? Sneaky additions! Some of them are deceptively high in calories. Read on to discover six things to leave off your sandwich.

Mayonnaise

It's not exactly a secret that mayo isn't a great choice, but the actual amount of fat and calories in it may surprise you. One tablespoon of the full-fat variety—which is what most restaurants and fast-food places use on their sandwiches and burgers—has around 100 calories and 10 grams of fat. And that's just one tablespoon! Go for mustard and/or ketchup instead—they're much more reasonable in the stats department, and they add a lot of flavor.

Special Sauces

If you read the word "special sauce" on a menu, run away. Or at least run towards the next item on the menu. Sauces concocted by restaurants and fast-

food places generally pack a lot of calories and fat. Try to stay away from aiolis, pestos, honey mustards. If it sounds creamy and rich, it's probably a calorie fest. Instead, go with the old mustard standby, or zazzle up your sandwich with fresh herbs and spices.

Cheese (Sometimes)

When it comes to sandwiches, cheese can be overkill. If you fill up your meal with lean protein and veggies, cheese is an unnecessary extra. One slice of regular cheddar cheese has more than 100 calories... not worth it!

The good news: There are occasions when cheese is a perfectly reasonable topping. If you need extra protein on a sandwich, a slice of reduced-fat Swiss cheese is a smart choice—you'll get around 7 grams of protein for just about 65 calories.

Oil-Laden Vegetables

Veggies: naturally low in calories. Veggies smothered

in oil: calorie bombs. On menus, watch out for words like "marinated" and "sautéed," especially when it comes to vegetables served as meat replacements like eggplant, zucchini, and mushrooms. Those words tend to mean that the vegetable has been soaked in oil. Keep in mind that you can always ask your server how something is made before you order it. When you're ordering or making a sandwich, stick to raw veggies or ones that have been roasted with just a bit of oil.

Bonus: Dressing for Your Side Salad

If you're getting a side salad with your sandwich, I'm not saying you should skip salad dressing altogether, but you should leave it off your salad and get it on the side. Restaurants often add several hundred calories' worth of dressing to their salads! Have some on the side, and dip your fork into it—don't pour it over your greens. And pay close attention

to the type of dressing. Most of us know to avoid creamy picks like ranch, Caesar, and blue cheese. But vinaigrettes and other light-sounding dressings can be calorie and fat bombs, too. For at-home salads, always read dressing labels and stick with one to two servings. At restaurants, look for words like "reduced-fat" and "light." Better yet, check for nutritional info on the restaurant's website. And don't be afraid to think outside the box—condiments like salsa and lemon juice make great salad dressing substitutes.

Is all this talk of dressing making you hungry for a salad? Try packing a salad in a jar for a delicious on-the-go lunch!

By [Lisa Lillien, a.k.a. Hungry Girl](#)
https://www.verywellfit.com/what-not-to-put-on-sandwiches-4061456?utm_campaign=health_tod&utm_medium=email&utm_source=cn_nl&utm_content=13779870&utm_term=bouncex25v

How to Include Cheese in a Healthy Diet

By [Malia Frey](#)

Cheese is a food that many healthy eaters crave. Some people add cheese to salads, others layer it on sandwiches and some just enjoy cheese on its own.

Either way, cheese provides a creamy flavor that most of us find satisfying. But cheese calories can add up quickly. Some cheese choices are better than others.

If you're a cheese lover, then there's good news for you. Not all cheese is bad for your diet. In fact, there are plenty of ways to include cheese in a weight loss or weight maintenance plan. You just need to be careful about what you buy and how much you eat.

One of the lowest calorie cheeses is skim mozzarella. A single serving of **part skim mozzarella cheese** provides just 86 calories, 7 grams of protein and 6 grams of fat. This lower fat, lower calorie cheese is easy to shred or slice, easy to use in recipes and melts well. Many smart dieters also keep skim mozzarella sticks in the refrigerator so that they have a quick protein snack ready to go when cravings hit.

Parmesan is another popular cheese among healthy eaters. One tablespoon of **shredded Parmesan cheese** (from a hard block) provides just 20 calories and 2 grams of protein. And because Parmesan has an intense flavor, it's easy to use less of it on your favorite dish.

A single one-ounce serving of **Swiss cheese** provides just over 100 calories and just under 8 grams of fat. Other popular cheese varieties have calorie counts in the same range, according to USDA data.

- A single serving of **cheddar cheese** provides 114 calories, 7 grams of protein and 9 grams of fat.
- A single serving of **blue cheese** provides 100 calories, 6 grams of protein and 8 grams of fat

A single serving of **American cheese** (pasteurized and processed) provides 94 calories, 5 grams of protein and 7 grams of fat. But American cheese calories can be tricky to calculate. Many cheese "singles" are less than one ounce and are likely to provide closer to 71 calories.



Unhealthiest Cheese Options

Cheese calories and nutrition are worse in products that are heavily processed. Why? Because they often contain less healthy ingredients like oil and other fillers to boost texture and flavor.

- **Cheese singles.** Many individually-wrapped, processed American singles are not actually cheese, but a cheese-like product that contains oil and other ingredients.
- **Cheese spray.** Cheese that comes in a can is only part cheese. If you check the ingredients label on your favorite canned cheese, you'll probably see that it contains oils and other additives.

Cheese dips. Many jarred cheese products are made by combining cheese and other ingredients like oil and artificial flavors to make them creamy and spicy.

Health Benefits and Drawbacks of Cheese

Even though cheese provides saturated fat, when you consume dairy products, like cheese, you gain certain health benefits. Cheese provides both protein and fat to improve *satiety* or the feeling of fullness and satisfaction you get after eating.

In addition, like many dairy products, real cheese is a good source of calcium. Your bones need calcium to stay healthy. Calcium can also contribute to a healthy heart and strong muscles.

Some studies have shown that eating cheese may be helpful to maintain healthy cholesterol levels. However, most health experts still recommend that you limit your saturated fat intake. Cheese is a source of saturated fat.

Lastly, if you are watching your sodium intake, be sure to check the nutrition facts label for cheese before you buy. Some varieties of cheese, like cottage cheese or **feta**, may provide more sodium than you need.

Cheese Calories and Weight Loss

To make sure you keep your cheese calories in control, it's helpful to know that a single serving of cheese is one ounce. That's about one thin slice or two small cubes, roughly the size of a pair of dice. It's easy to serve yourself more than an ounce of cheese, so if you are counting calories or fat, be sure to measure the amount you consume and calculate the right nutritional information for your portion size.

And you should still be mindful of calories if you buy low-calorie or low-fat cheese. While some dieters enjoy the taste and texture of these products, they don't always melt well or provide the same creamy texture as full-fat cheese. If you eat more low-calorie cheese in an effort to satisfy your cravings you may end up consuming more fat and calories as a result.

And lastly, be smart about the way you eat cheese. Sometimes, it's not the cheese calories that do harm to your diet, but rather the wine, crackers or bread that you consume with the cheese. If you love cheese, consider pairing it with a slice of fresh fruit, to keep your weight loss plan on track.

<https://www.verywellfit.com/cheese-nutrition-facts-calories-and-health-benefits-4117668?print>