

Alternatives to Deli Meat

Processed meat is meat that has undergone treatments like salting, curing, fermentation, smoking, or other methods to boost flavor or extend shelf life. They often contain high levels of sodium, nitrates, nitrites, and fat. While pork and beef are common in processed meats, other red meats, poultry, offal, or meat by-products like blood can also be used.

Examples of processed meats include bacon, hot dogs, ham, sausages, corned beef, biltong, beef jerky, deli meats, as well as canned meat and meat-based sauces and preparations.

For better health, it's recommended to choose unprocessed meats and whole foods instead, as they are richer in essential nutrients and can help manage energy intake, thereby lowering the risk of weight gain and chronic conditions like heart disease and diabetes.

1. Classic Canned Tuna Sandwich

Canned fish is an excellent substitute for deli meat. Remember to select a food label with a "low sodium" or "no salt added" claim makes it less processed, and a healthier selection

Recipes:

<https://www.theroastedroot.net/3-ingredient-mayo-free-avocado-tuna-salad/>

<https://www.simplywhisked.com/no-mayo-tuna-salad/>



2. Peanut Butter and Avocado Sandwich

Plant-based proteins, such as nuts and seeds, are a great option. Nowadays, there's a wide variety of nut butters available, so you can enjoy experimenting with different combinations alongside your favorite fruits. For a new take, consider swapping your usual peanut butter and banana sandwich for a peanut butter and avocado pairing

Recipe:

<https://theheartdietitian.com/peanut-butter-avocado-toast/>



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3. Black bean and Avocado

Black bean toast is a tasty and easy option for breakfast, a snack, or a light meal! It's ready in just 5 minutes and provides lasting fullness with its fiber, protein, and healthy fats.

Recipe:

<https://theheartdietitian.com/black-bean-toast/>



4. Roasted Vegetable Sandwich

Roasting vegetables helps caramelize them, boosting their natural sweetness. Try roasting peppers, mushrooms, and eggplant in heart-healthy olive oil to elevate the flavor of any sandwich. For an added protein boost and increased satiety, sprinkle your roasted veggies with hemp seeds.

Recipes:

<https://www.veganricha.com/roasted-vegetable-sandwich-with-sun-dried-tomato-basil-spread/#wprm-recipe-container-35796>

<https://thecoppertable.com/roasted-vegetable-sandwich/>

5. Baked Falafel Sandwich

Falafel is another great plant-based protein to consider. A baked chickpea patty makes for a satisfying lunch, packed with flavor from the addition of onion and garlic, and is a fantastic complement to a plant-based diet. Delicious!

Recipe:

<https://www.thekitchn.com/how-to-make-baked-falafel-in-the-oven-cooking-lessons-from-the-kitchn-219193#post-recipe-11441>



Alternatives to Sandwiches

Now that we've explored sandwich fillings as substitutes for deli meat, make sure to select whole-grain options to complete your sandwich. Consider using whole-grain bread, pita, wraps, or crackers. If bread isn't your thing, try adding these fillings to a whole grain like barley or pasta.



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