

Go Ahead, Have That Sandwich



(NAPSA)—Most health experts agree that the key to weight loss is eating foods that are rich in nutrients but low in fat and calories; the good news is that finding great taste without expanding your waist may not be as hard as you think. Freshly sliced deli meats, especially those certified by the American Heart Association as low in saturated fat, “heart healthy” foods, is where nutritious meets delicious. Most delis carry an assortment of flavorful products to suit a variety of tastes. You can save on calories without sacrificing flavor by substituting a hearty mustard for a high-fat mayonnaise. Four ounces of flavorful Boar’s Head Turkey or Lower Sodium Ham, 120 calories each, or Boar’s Head Roast Beef, just 180 calories, combined with lettuce and a fresh, ripe tomato make for a healthy and delicious sandwich.