



## Turkey Vs Tuna

If you're growing tired of turkey sandwiches and thinking about switching to tuna, there are a few things you need to know. Because of the amount of mayonnaise used, restaurant versions of tuna salad will almost always be higher in fat than a sliced meat sub or sandwich filling. Sliced roast beef, turkey, ham, or chicken subs and sandwiches only have about three to five grams of fat and 200 to 320 calories (without mayonnaise or cheese). If you add a little dressing or light mayo, that goes up by 5 grams of fat and 50 calories. That's a good deal compared to a regular tuna sub (with cheese, regular mayo, and a little dressing) that explodes with a tally of 25-plus grams of fat and close to 500 calories. On the other hand, some restaurants now offer tuna salad made with light mayonnaise, making a sandwich with 12 grams of fat and about 350 calories (without cheese or dressing). This option is not much higher than a lean meat sandwich with added mayo.

For more information on a low fat lunch options, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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