

SUSAN OTTAVIANO / SANDWICHES





SPROUTED BREAD
Sprouted breads like Ezekiel have a lower glycemic index, a measure of how fast a food raises blood sugar, making it less likely to pad your six-pack with fat.

BLUE CHEESE
Fermented cheeses like blue and Brie are dark, though higher in saturated fat, contains beneficial bacteria that may help improve immunity.

SOUR DOUGH
A slice of sour dough bread has a lower glycemic index of a blood-sugar spike than white or even regular whole-wheat bread, which can help sustain energy levels all day.