

Skipping The Deli Meats?

Alternatives of animal origin



Chicken



Roasted turkey



Hard-boiled eggs



Well-preserved tuna or salmon

Alternatives of plant origin



Hummus



Tofu



Edamame



Roasted vegetables



Beans or lentil mashes

Tips to include them

- Include the plant-based ingredients in an omelet
- Spread mashed lentils or beans on sandwiches
- Use Greek yogurt or mashed avocados instead of mayo
- Add some fresh tomato sauce or herbs for flavor

References:

1. Lunch Break: Healthy Alternative To Deli Meats;University of Rochester Medical Center
2. Alternatives To Processed Meat;Government of Province Manitoba