

Explore our site

- Our approach
- What you'll eat
- Meetings
- Online
- Science of weight loss
- Success Stories

Ready to start?

Find a meeting

Weight Watchers Online

Free E-mail Newsletter

Our free e-mail newsletter highlights recipes, Success Stories, helpful tips and more!
[Sign up for free now](#)

Super Sandwich Makers

Article By: WeightWatchers.com

[Print](#) [Email](#)



Your tuna salad's getting bored! It's time to try something different; we have some ideas for you.

Everyone has their own way of making a sandwich. The editors at WeightWatchers.com pooled their favorites, and we got some great new ideas from one another. We hope you enjoy them too.

[Read the article below](#)

Recent Articles

- 24 Great Light-Cooking Tips
- Panic Button: Defeating the Midnight Munchies Better than a Restaurant

[View all](#)

Newsletter
 FREE recipes, news and more!

[Get It Now](#)

ADVERTISEMENT

Find out about a **different** way to help fight cholesterol.

[See how it works >](#)

LIPITOR
 atorvastatin calcium

Do you know how much **cholesterol** is in these foods?

[Patient Information](#)
[Physician Prescribing Information](#)

IMPORTANT SAFETY INFORMATION
 LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel



Vermont Bread Company Soft Whole Wheat Bread

This bread is the thickest, heartiest 1 **POINTS**® value slice I've ever found. It's so fresh and soft that just 1 slice feels more decadent and substantial than the 2 thin slices of light bread I used to eat. I especially love it for breakfast when toasted and spread with a tablespoon of peanut butter.
 — Aransas Savas, Manager, NACO Innovation



Weight Watchers Wheat Sandwich Rolls

I really like these because they don't feel "light" in any sense and are a great substitute for regular rolls or hamburger buns. They're a great size and only 2 **POINTS** values each. I suggest toasting them before adding turkey, cheese and light mayo. — Lisa Hope, Licensing Coordinator



Arnold Select Multigrain Sandwich Thins

These things rock. They are only 1 **POINTS** value each! Some people might already know about them but they're new to me. You can use them for sandwiches but I think they're also a great replacement for burger buns. — Mary Galligan, Senior Photo Editor



Thomas' Sahara Multi Grain Pita Pockets

I love the nuttiness of the whole grains in this pita — it feels really robust and filling, yet only has 2 **POINTS** values. Naturally, it works great as a pita pocket for lunch. For a grab-and-go breakfast, I fill it with mashed banana, peanut butter and a little honey. It's also thick enough to separate into two round slices and cut into wedges. Coat them with cooking spray, sprinkle on some spices (I love the Jordanian za'atar blend) and bake for delicious pita chips. — Elly Trickett McNerney, Managing Editor



Pepperidge Farm Very Thin 100% Whole Wheat Bread

The truth is that this isn't light bread — just really thin bread that's 1 **POINTS** value per two slices. The trick

with thin bread is to make sure it tastes good and doesn't fall apart. And that's what Pepperidge Farm did. These small squares taste and act just like real bread. Make your sandwich in the morning and it will be intact by lunchtime. — *Jason Carpenter, Men's Site Editor*



La Tortilla Factory EVOO Tomato Basil Soft Wraps

A delicious alternative to bread or pita! These 1 **POINTS** value wraps are a large 10-inches in diameter and so moist and flavorful; not dry like some other products. I sprayed the wrap with cooking spray and warmed it in the oven before filling it with tuna fish, a vinaigrette-based cole slaw, chopped salad and goat cheese. It was extremely satisfying and I was very pleased that the dressing did not leak from the wrap. — *Anita Sado, Community Editor*



Flatout Light Italian Herb Wraps

These large oval breads are just 1 **POINTS** value each and make impressive pizza crusts and wraps. I top mine with pizza sauce, light mozzarella and a variety of toppings such as turkey pepperoni, black olives and spinach. Bake in a toaster oven and wrap in foil for lunch. A real treat and very filling. — *Elizabeth Josefsberg, Success Story Coordinator*

Next Steps

Return to the [Back to School Package](#).

Subscriber Highlight: Want to cook up a healthy new meal for dinner tonight? Check out our [Recipe Search](#).

[Ready to start losing weight?](#)

[Staff Site](#) | [About Us](#) | [Advertise](#) | [Press Room](#) | [Careers](#)
[Site Map](#) | [Contact Us](#) | [Help](#) | [Affiliate Program](#) | [Troubleshooting](#)
[Terms & Conditions](#) | [Privacy](#) | For subscribers only: [Subscription Agreement](#)

© 2009 Weight Watchers International, Inc. © 2009 WeightWatchers.com, Inc. All rights reserved.
 WEIGHT WATCHERS and **POINTS** are the registered trademarks of Weight Watchers International, Inc. and are used under license by WeightWatchers.com, Inc.



[International Sites](#)

