



For Mother Nurturer
Roast beef guarantees complete comfort, if your cholesterol's under control

For Babycakes
PB and J is a childhood favourite, but watch the calories

What's your sandwich type?

Ever wondered why certain foods draw you in? Check out our fun series on what your fave food says about your personality. By **Shabana Patker-Vahi**

You are what you eat and boy, can it tell on your breath, hips and personality! We've got the nutritional low-down on your favourite grub (beginning with sandwiches), from Dr Dharini Krishnan, national president, Indian Dietetic Association. We've garnished the whole thing with a few amusing personality traits. Enjoy!

LOVE PB AND J?

Hello Babycakes
You're young at heart, have a simple outlook to life and long for the carefree days of your childhood. You have a sweet tooth and turn to sugar for comfort. You're in touch with all your school friends and are the life of the party.
The 'wich
Calories: High. Peanuts have the right combination of fats for heart health, but also contain saturated fats. Any jam is rich in calories because of the high concentration of sugar. Some jams even have flavours instead of actual fruit. If the jam contains pieces of fruit, then the fibre is good.
Carbs/fats: High. More of simple carbohydrates derived from sugar and *maida* (used in the bread).

Protein: Low. Peanuts have equal quantities of protein and carbohydrate, but are high in fats (100 g peanuts contain 25 g to 26 g of carbohydrate and protein, but 40 g of fat).
Eat it: Once in a while, as a snack.
Healthy op: Eat the real fruit instead.

LOVE ROAST BEEF?

Hello Mother Nurturer
You brought home birds with broken wings and still cannot bear the sight of anyone in pain. You're always there for friends (sometimes at the cost of your own needs) and they depend on your emotional support completely.
The 'wich
Calories: High. This is a calorie-dense sandwich with maximum calories coming from the beef.
Carbs/fats: High. Mustard has the right kind of fats, but beef has saturated fat, which is unhealthy for the heart.
Protein: High. The protein in the meat is beneficial, but the high fat content cancels out these benefits.
Eat it: Before 4 pm, as it gives the body enough time to be active while digesting.
Healthy op: Restrict the beef to just the lean bits and include some vegetables to add fibre.

LOVE PESTO CHICKEN?

Hello Ms Driven
You're the go-getter. You have all your goals chalked out and know how to achieve them. You were the one who took up causes in school and college and never failed to elicit a response. Those who don't know you think you're a hard-ass, but your few best friends delight in your dry sense of humour.
The 'wich
Calories: Moderate. This is a healthy option and has the right kind of fats from the chicken. Pesto may contain basil leaves, garlic, olive oil, cheese and nuts.
Carbs/fats: Moderate. Nuts, olive oil and chicken have heart-friendly fats. Cheese usually contains saturated fats.
Protein: High. Chicken is rich in proteins.
Eat it: As a balanced lunch.
Healthy op: Include lettuce, zucchini or cucumber to make this a balanced meal.

LOVE HAM 'N' CHEESE?

Hello Ms Popular
Everybody's best friend—you were voted most popular in school and somehow managed to get the jealous ones to like you too! Miss Charming and Affable, you may be perceived flighty but you share your deepest secrets only with yourself. ▶



For Ms Driven
High protein, high fibre. The pesto chicken sandwich is the perfect office lunch

For Ms Organised
An egg salad sandwich is balanced and filling, and best with low-fat mayo

The roast beef girl is sympathetic and always there for her friends.

For Ms In-tune
The multi-veg combination is the health fanatic's main meal, good any time of the day

For Ms Popular
Ham 'n' cheese is the picnic menu staple, but a dieter's nightmare

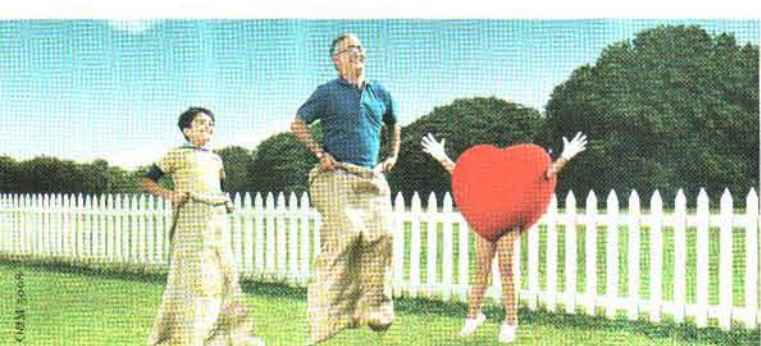
The 'wich
Calories: High. This sandwich is ideal for those who need to gain weight.
Carbs/fats: High. The saturated fat and sodium content in both the ham and the cheese make this an unhealthy choice for anyone suffering from cholesterol-related disorders.
Protein: High. Protein is derived from both the meat and the dairy.
Eat it: Preferably for lunch.
Healthy op: Use low-fat cheese and lean ham to reduce the fat content.

The 'wich
Calories: Low. This is a fibre-rich sandwich. As long as the chutney has coriander, mint, onion or tomato, it is a healthy choice and it's filling.
Carbs/fats: Low. Go easy on the cheese. Nutrient-wise, it is balanced as it has protein, fibre, other vitamins and minerals from a variety of vegetables and carbohydrates from the potatoes.
Protein: Moderate, depending on the amount of cheese added.
Eat it: Anytime
Healthy op: Use all the veggies in equal proportion along with a slice of low-fat cheese.

for advice. Compatible with everyone, you are not only the life of the party, but under all that giddy-headed fun is a very sharp brain and a very soft heart.
The 'wich
Calories: Moderate. This sandwich has a good mix of protein, fibre and carbohydrates. Eggs are a good source of protein, though the yolk does contain cholesterol. Lettuce is a good option, as it adds fibre and is filling. It helps reduce the calorie density of this snack.
Carbs/fats: Moderate. Make sure the mayo does not contain trans-fats.
Protein: High. Egg is good for people who do not have elevated cholesterol. Lettuce is good for all. Mayonnaise can be restricted as it is rich in fat.
Eat it: As breakfast
Healthy op: Add veggies like broccoli, cucumber and celery. •

LOVE MULTI VEG?
Hello Ms In-tune
You're the one with all the information—be it on weight loss or Wi-Fi! Your friends turn to you for any information, and while you run the risk of becoming a human Google, you balance it out being the most delicious gossip around!

LOVE EGG SALAD?
Hello Ms Organised
You're loving yet strict, funny yet serious. In a word, you're the balanced one and all your friends come to you



WHEN YOUR HEART IS HAPPY, IT SHOWS.

