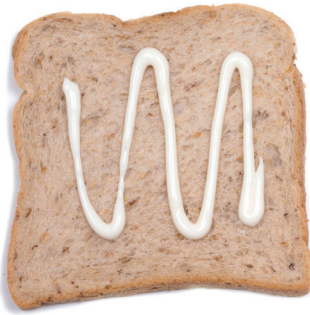
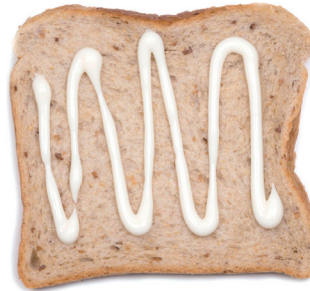


# Mayonnaise on bread



1 teaspoon  
(5g)



2 teaspoons  
(about 10g)



1 tablespoon  
(about 15g)

Use no more than 1 tablespoon of mayonnaise of spreading or dressing per sandwich.

Look for reduced-fat and low sugar varieties.