
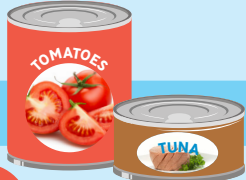

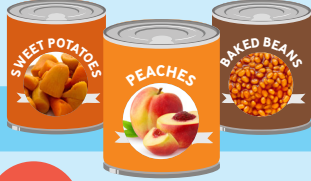


Canned Foods Help Close Nutrient Gaps

Spotlight: Healthy U.S.-Style Eating Pattern

The typical American diet falls short of several key nutrients — 10 of them to be exact — while often exceeding recommended amounts of saturated fats, added sugars, sodium and total calories.

Menu modeling analysis* shows how canned fruits, vegetables, beans and lean meats/seafood can fit into the three dietary eating patterns spotlighted in the 2015 Dietary Guidelines for Americans — U.S.-Style, Mediterranean and Vegetarian — to offer an easy and affordable way to close nutrient gaps.

	Typical American Diet	Shortfall Nutrient Increased	Suggested Meal
Breakfast	<ul style="list-style-type: none"> 1 small bagel 1 tbsp. cream cheese Coffee with ½ cup 2% milk 	 <p>63% increase in Potassium</p>	<ul style="list-style-type: none"> 1 cup cooked oatmeal ½ cup canned pineapple chunks 1 tbsp. peanut butter 1 cup low-fat milk
Lunch	<ul style="list-style-type: none"> 2 corn tortillas 1 small tomato 3 oz. chicken breast 1 cup water 	 <p>61% increase in Folate</p>	<ul style="list-style-type: none"> 1 cup romaine lettuce 3 oz. tuna (canned in water) ½ cup canned tomato, diced 5 slices cucumber 2 tbsp. vinaigrette 2 slices whole-wheat bread 1 cup low-fat milk
Snack	<ul style="list-style-type: none"> 1 small apple Latte with ½ cup low-fat milk 	 <p>83% increase in Magnesium</p>	<ul style="list-style-type: none"> ½ oz. mixed nuts 1 cup low-fat yogurt 1 cup canned mixed fruit 1 cup water
Dinner	<ul style="list-style-type: none"> 1 small (3.5oz) steak 1 baked potato ½ cup shredded processed cheese 1 white dinner roll 1 cup water 	 <p>49% increase in Vitamin A</p>	<ul style="list-style-type: none"> 1 small (3.5 oz.) steak 1 cup canned sweet potatoes 1 cup brown rice ¼ cup canned baked beans, cooked ½ cup canned sliced peaches 1 cup water

*Analysis conducted by Ketchum Registered Dietitians, May 1-June 10, 2016; based on a 2,000-calorie daily diet. All canned fruit assumed packed in its own juice; all canned vegetables/beans are low-sodium and drained/rinsed.