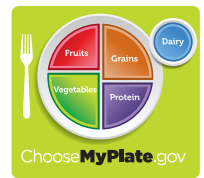








Canned Foods Help Close Nutrient Gaps



Spotlight: Healthy Vegetarian 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 slice whole-wheat toast 2 eggs, boiled ½ cup raspberries 1 cup low-fat milk 	 <p>72% increase in Vitamin E</p>	<ul style="list-style-type: none"> 1 slice whole-wheat toast 2 egg omelet with ½ cup canned spinach, drained ½ cup shredded cheddar cheese 1 cup canned pears Coffee with ½ cup low-fat milk
Lunch	<ul style="list-style-type: none"> 2 slices whole-wheat bread 2 tbsp. peanut butter 2 tsp. jelly 1 cup low-fat yogurt 1 cup water 	 <p>58% increase in Iron</p>	<ul style="list-style-type: none"> 1 cup brown rice mixed with ¾ cup canned black beans ½ cup canned corn ½ cup canned tomatoes, chopped 1 cup low-fat milk
Snack	<ul style="list-style-type: none"> 2 graham crackers 6 baby carrots 1 cup low-fat milk 	 <p>49% increase in Fiber</p>	<ul style="list-style-type: none"> 1 cup canned peaches 1 oz. cheddar cheese, sliced 6 whole-wheat crackers 1 cup water
Dinner	<ul style="list-style-type: none"> 1 cup vegetarian chili ¼ cup shredded cheddar cheese 10 whole-wheat crackers 1 cup water 	 <p>66% increase in Vitamin D</p>	<ul style="list-style-type: none"> ½ cup pasta ½ cup canned cannellini beans ¼ cup shredded mozzarella cheese 1 cup canned mushrooms 1 whole-wheat dinner roll 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.

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture’s Center for Nutrition Policy and Promotion, is a consortium of steelmakers, can manufacturers, food processors and affiliate members. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org. Follow us on [Facebook](#), [Twitter](#) and [Pinterest](#).