Omelet with canned spinach, plus canned pears
BREAKFAST

Typical American Diet
- 1 slice whole wheat toast
- 2 eggs, boiled
- ½ cup raspberries
- 1 cup low-fat milk

Shortfall Nutrient Increased

72% increase in Vitamin E

Suggested Meal
- 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

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