

A breakfast meal featuring a folded omelet with spinach and cheese, two slices of golden-brown toast, a glass of canned pears, a cup of coffee, and a glass of milk. The omelet is served on a light green plate with a leaf pattern. The pears are in a small glass bowl, and the coffee and milk are in white and glass containers respectively. The entire meal is set on a blue and white floral patterned cloth.

Omelet with
canned spinach,
plus canned pears

BREAKFAST

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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