

A top-down view of a meal. In the center is a white plate with a piece of baked salmon on the right side. The rest of the plate is filled with brown rice, chickpeas, and diced beets. In the top left corner, there is a piece of whole-grain bread. In the top right corner, there is a glass of a light-colored beverage. The plate is set on a blue and white patterned cloth. A blue rounded rectangle with white text is overlaid on the left side of the image.

Salmon, plus
brown rice with
canned chickpeas
and canned beets

DINNER

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Typical American Diet

- 3 oz. ground turkey
- ½ cup spaghetti
- 1 white dinner roll
- 1 medium baked potato
- 1/2 cup chocolate pudding
- 1 cup low-fat milk

Shortfall Nutrient Increased



54%

increase in
Iron

Suggested Meal

- 3 oz. salmon
- ½ cup brown rice
- ½ cup canned chickpeas
- 1 whole wheat dinner roll
- ¼ cup shredded feta cheese
- 1 cup canned beets
- 1 cup low-fat milk