Canned peaches, plus cheese and crackers
SNACK

Typical American Diet

- 2 graham crackers
- 6 baby carrots
- 1 cup low-fat milk

Shortfall Nutrient Increased

Suggested Meal

- 1 cup canned peaches
- 1 oz. cheddar cheese, sliced
- 6 whole wheat crackers
- 1 cup water

49% increase in Fiber

Mealtime.org
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