

Canned peaches,
plus cheese and
crackers



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Typical American Diet

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

Shortfall Nutrient Increased



49%

increase in
Fiber

Suggested Meal

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