RECIPEs FOR
HEALTHY
EATING
PATTERNS
Canned Foods Help Close Nutrient Gaps

Spotlight on: Vegetarian Diet, Mediterranean-Style Diet, and U.S.-Style Diet

The typical American diet falls short of several key nutrients – 10 of them to be exact – while often exceeding recommended amounts of saturated fats, added sugars, sodium and total calories.

Menu modeling analysis shows how canned fruits, vegetables, beans and lean meats/seafood can fit into the three dietary eating patterns spotlighted in the 2015 Dietary Guidelines for Americans – U.S-Style, Mediterranean and Vegetarian – to offer an easy and affordable way to close nutrient gaps.

Visit Mealtime.org for more information.

*Analysis conducted by Ketchum Registered Dietitians, May 1-June 10, 2016; based on a 2,000 calorie daily diet. All canned fruit assumed packed in its own juice; all canned vegetables/beans are low-sodium and drained/rinsed.
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

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

72% increase in Vitamin E

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Brought to you by the Canned Food Alliance
Salad with canned tuna and canned diced tomatoes
Typical American Diet
- 2 corn tortillas
- 1 small tomato
- 3 oz. chicken breast
- 1 cup water

Shortfall Nutrient Increased

Suggested Meal
- 1 cup romaine lettuce
- 3 oz. canned tuna
- ½ cup canned diced tomatoes
- 5 slices cucumber
- 2 tbsp. vinaigrette
- 2 slices whole wheat bread
- 1 cup low-fat milk

61% increase in Folate
Canned peaches, plus cheese and crackers
### 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
Salmon, plus brown rice with canned chickpeas and canned beets
<table>
<thead>
<tr>
<th>Typical American Diet</th>
<th>Shortfall Nutrient Increased</th>
<th>Suggested Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. ground turkey</td>
<td>54% increase in Iron</td>
<td>3 oz. salmon</td>
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<tr>
<td>½ cup spaghetti</td>
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<td>½ cup brown rice</td>
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<tr>
<td>1 white dinner roll</td>
<td></td>
<td>½ cup canned chickpeas</td>
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<tr>
<td>1 medium baked potato</td>
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<td>1 whole wheat dinner roll</td>
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<tr>
<td>1/2 cup chocolate pudding</td>
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<td>¼ cup shredded feta cheese</td>
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<tr>
<td>1 cup low-fat milk</td>
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<td>1 cup canned beets</td>
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