### Spotlight: Healthy Mediterranean-Style Eating Pattern

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.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Typical American Diet</th>
<th>Shortfall Nutrient Increased</th>
<th>Suggested Meal</th>
</tr>
</thead>
</table>
| **Breakfast** | • 1 medium banana  
  • 1 slice white toast  
  • 1 tbsp. peanut butter  
  • Coffee with ½ cup 2% milk | ![Apricot](image)  
  **45% increase in Fiber** | • 2 eggs, scrambled  
  • 1 slice whole-wheat toast  
  • 1 cup canned apricot halves  
  • 1 cup water |
| **Lunch**   | • 3 oz. grilled chicken  
  • 1 corn tortilla  
  • 1 cup romaine lettuce  
  • ½ cup sliced cucumber  
  • 2 slices tomato  
  • 1 cup water | ![Tuna](image)  
  **53% increase in Calcium** | • 3 oz. tuna (canned in water)  
  • 1 slice whole-grain bread  
  • 1 cup spinach  
  • 2 tbsp. mayonnaise  
  • 1 cup chopped celery  
  • 1 cup water |
| **Snack**   | • ½ cup pretzels  
  • 1 tbsp. hummus  
  • 1 cup low-fat milk | ![Pears](image)  
  **54% increase in Vitamin C** | • 2 tbsp. hummus  
  • 10 whole-wheat crackers  
  • 1 cup canned pears  
  • 1 cup low-fat milk |
| **Dinner**  | • 3 oz. ground turkey  
  • ½ cup spaghetti  
  • 1 white dinner roll  
  • 1 medium baked potato  
  • ½ cup chocolate pudding  
  • 1 cup low-fat milk | ![Chicken and Chickpeas](image)  
  **54% increase in Iron** | • 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 |

*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.

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**The Canned Food Alliance**, a National Strategic Partner of the U.S. Department of Agriculture’s Center for Nutrition Policy and Promotion, is a consortium of steelmakers, can manufacturers, food processors and affiliate members. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit [Mealtime.org](http://Mealtime.org). Follow us on [Facebook](https://Facebook), [Twitter](https://Twitter) and [Pinterest](https://Pinterest).