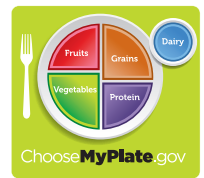




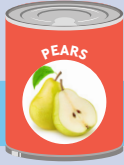

# Canned Foods Help Close Nutrient Gaps



## 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.

	Typical American Diet	Shortfall Nutrient Increased	Suggested Meal
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>1 medium banana</li> <li>1 slice white toast</li> <li>1 tbsp. peanut butter</li> <li>Coffee with ½ cup 2% milk</li> </ul>	 <p><b>45%</b> increase in Fiber</p>	<ul style="list-style-type: none"> <li>2 eggs, scrambled</li> <li>1 slice whole-wheat toast</li> <li><b>1 cup canned apricot halves</b></li> <li>1 cup water</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>3 oz. grilled chicken</li> <li>1 corn tortilla</li> <li>1 cup romaine lettuce</li> <li>½ cup sliced cucumber</li> <li>2 slices tomato</li> <li>1 cup water</li> </ul>	 <p><b>53%</b> increase in Calcium</p>	<ul style="list-style-type: none"> <li><b>3 oz. tuna (canned in water)</b></li> <li>1 slice whole-grain bread</li> <li>1 cup spinach</li> <li>2 tbsp. mayonnaise</li> <li>1 cup chopped celery</li> <li>1 cup water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>½ cup pretzels</li> <li>1 tbsp. hummus</li> <li>1 cup low-fat milk</li> </ul>	 <p><b>54%</b> increase in Vitamin C</p>	<ul style="list-style-type: none"> <li>2 tbsp. hummus</li> <li>10 whole-wheat crackers</li> <li><b>1 cup canned pears</b></li> <li>1 cup low-fat milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>3 oz. ground turkey</li> <li>½ cup spaghetti</li> <li>1 white dinner roll</li> <li>1 medium baked potato</li> <li>½ cup chocolate pudding</li> <li>1 cup low-fat milk</li> </ul>	 <p><b>54%</b> increase in Iron</p>	<ul style="list-style-type: none"> <li>3 oz. salmon</li> <li>½ cup brown rice</li> <li><b>½ cup canned chickpeas</b></li> <li>1 whole-wheat dinner roll</li> <li>¼ cup shredded feta cheese</li> <li><b>1 cup canned beets</b></li> <li>1 cup low-fat milk</li> </ul>

\*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.