

Resources to Help Meet the Dietary Guidelines

Simple Changes and Canned Foods Help Close Nutrient Gaps



The typical American diet doesn't meet the nutrient needs outlined in the 2015 Dietary Guidelines – especially for potassium, fiber, vitamin D and folate.

In 2016, the Canned Food Alliance conducted a menu modeling analysis to show how canned fruits, vegetables, beans and lean meats/seafood can fit into the three most common dietary patterns — U.S., Mediterranean and Vegetarian — to offer an easy and affordable way to close nutrient gaps.***

The following is a snapshot of some of the menus, which will be released in full in 2017.

	Typical American Diet	You CAN Shift It!	Suggested Meal
Breakfast (Vegetarian Meal Plan)	<ul style="list-style-type: none"> • 1 bagel • 1 Tbsp. cream cheese • 1 cup coffee with sugar & creamer 	 81% increase in Potassium	<ul style="list-style-type: none"> • ½ cup shredded cheddar cheese • 2 egg whites, scrambled • ¼ cup canned black beans • 2 Tbsp. salsa • 1 slice whole-wheat bread • 1 cup coffee
Lunch (U.S. Meal Plan)	<ul style="list-style-type: none"> • 2 6" corn tortillas • ½ cup shredded beef • 1 Tbsp. sour cream • 1 tsp. shredded cheddar cheese • 1 cup water 	 40% increase in Folate	<ul style="list-style-type: none"> • 1 cup romaine lettuce • 3 oz. canned chicken • ½ cup canned diced tomato • 5 slices cucumber • 2 Tbsp. vinaigrette • 1 slice whole-wheat bread • 1 cup low-fat milk
Snack (U.S. Meal Plan)	<ul style="list-style-type: none"> • 2 graham crackers • 1 cup low-fat milk 	 32% increase in Fiber	<ul style="list-style-type: none"> • ¾ cup low-fat vanilla yogurt • 1 cup canned peaches
Dinner (Mediterranean Meal Plan)	<ul style="list-style-type: none"> • 1 white roll • 2 Tbsp. shredded cheddar cheese • 1 baked potato • 1 small steak • 1 cup low-fat milk 	 74% increase in Vitamin D	<ul style="list-style-type: none"> • 3 oz. salmon • ½ cup canned green beans • 1 whole-wheat roll • ¼ cup canned pineapple chunks • 1 cup water

*Analysis conducted by Ketchum Registered Dietitians, May 1-June 10, 2016, using menu modeling and the 2015 Dietary Guidelines nutrients of concern. Shifted diet meets nutrient needs for: vitamin A, vitamin D, vitamin E, folate, vitamin C, calcium, magnesium, potassium, fiber and iron.

** The Typical America Diet falls short of the MyPlate recommendations; Suggested Meals meet MyPlate recommendations. All meals are based off of a 2,000 calorie per day diet. All canned fruit is assumed packed in its own juices; all canned vegetables/beans are low-sodium and drained/rinsed.

How to get more resources: To pre-register for a webinar the CFA will be holding on this topic, receive menu modeling resources to be developed in 2017, or to sign up for the CFA's monthly e-newsletter, visit www.Mealtime.org or contact Katie Toulouse at katie@mealtime.org.

