

WEB SITE

Canned Food Alliance's New Menu Modeling Tool Kit. Toulouse K. 2017. Canned Food Alliance, 680 Andersen Dr, Pittsburgh, PA 15220. Available at no cost at <http://www.mealtime.org/resources/menu-modeling-tool-kit.aspx>. Accessed June 12, 2017.

The Canned Food Alliance (CFA) recently conducted a menu pattern and modeling analysis to help translate the Dietary Guidelines and show how making small shifts in dietary choices, including the addition of canned fruits, vegetables, beans, lean meats, and seafood, can increase overall vitamin and mineral intake.—Canned Food Alliance

The first screen of this Web site designed for the nutrition professional boldly displays *You CAN Shift It!* meaning that one can add canned fruits, vegetables, beans, lean meats, and seafood to increase vitamin and mineral intake. The premise is to address the nutrients of concern to public health, as communicated by the 2015 Dietary Guidelines for Americans,¹ by including canned foods in menu planning.

The next section invites the user to take a look at pattern-specific nutrient boosts. The typical American diet falls short of several key nutrients: 10, according to the Dietary Guidelines for Americans. Whether you follow a typical American, Mediterranean, or vegetarian diet, this Web site has you covered. Click on each diet pattern for more specific ways to increase the nutrients that Americans are lacking.

In the next step, the user clicks on 1 of the view menu boxes to see each menu for breakfast, lunch, snack, and dinner. In the American menu, for example, dinner on the typical diet column includes steak, a baked potato, shredded cheese, a white dinner roll,



and water for a beverage. The shortfall nutrient identified is vitamin A, so in the suggested meal column, 1 cup canned sweet potatoes, three quarters cup canned baked beans (cooked), and one half cup canned sliced peaches are added. Another dinner option swap includes omission of the white roll, baked potato with cheese, and addition of 1 cup brown rice.

Each meal identifies a shortfall nutrient and percentage increases with the suggested canned food items. Noted as an asterisk is information that the analysis was conducted by Ketchum Registered Dietitians in 2016 based on a 2,000-calorie diet. There is a statement that all canned fruit is assumed to be packed in its own juice; all canned vegetables and beans are low-sodium, and drained and rinsed.

Overall, the information for this type of menu swapping is valuable and provides the client with tools to add nutrient-dense foods for mealtime planning. A hyperlink with full descriptive recipes would make the information even more useful.

Although a list of foods and quantities is provided, preparation instructions would also be helpful.

In addition to 3 eating pattern menus for meal planning, a Canned Food Nutrient Info Guide shows all 10 nutrients (fiber, potassium, magnesium, iron, folate, calcium, vitamin A, vitamin C, vitamin D, and vitamin E) that are lacking in many American diets and the canned foods that will contribute to providing the nutrients.

The downloadable Nutrition in the Pantry: Registered Dietitian Tool

Kit is 22 pages of valuable information that spans from Top 5 Reasons to Recommend Canned Foods to a frequently asked questions formatted section on answering consumer questions such as *Isn't canned food high in sodium?* and *What is BPA, and should I be concerned about it when choosing canned foods?*

The tool kit is well organized with a table of contents and active links to PDF handouts; both sections seamlessly navigate within the kit with the back arrow. There are 6 themed sections including Stocking a Healthy Pantry and Taking the Stress Out of Meal Planning.

Recipes are provided within the kit; others are available on the Web site. Seven Tweetable tips links take the user to items such as *5 Canned Foods to Always Keep on Hand*, *What's for Dinner?* and *How Much Produce Can You Buy for \$10?* All PDF handouts are creative and colorful and contain useful information to share with clients and patients. Here are some of the sections: *Kitchen Organization*, *Simple Steps to Make Your Work Centers Work for You*, and much more.

Is the canned food message the only option in the kit? No, in fact, the Choose Canned section offers a balanced approach to using fresh, frozen, and canned food. Overall, any nutrition professional can use these kits for nutrition education efforts.

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REFERENCE

1. US Department of Health and Human Services, US Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th edition. <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed October 2, 2017.