



The Perfect Bag



Question: With so many canned food options on the store shelves, how do I know what items are best to donate to food drives such as Harvest for the Hungry?

Answer: After consulting with numerous food pantry directors in the area and seeking nutrition advice from Roberta Larson Duyff, a local registered dietitian and author of the *American Dietetic Association Complete Food and Nutrition Guide*, we compiled what we like to call the Perfect Bag. The Perfect Bag contains variety of nutrient-rich foods from all five food groups.

- **2 cans of hearty soup, stew or chili:** Supplies many nutrients.
- **2 cans of tuna, chicken, salmon or luncheon meat** (e.g., Spam): Contains protein and iron. Canned salmon is a source of calcium and omega-3 fatty acids.
- **1 can of fruit:** Supplies vitamins A and C, folate, potassium, fiber and other healthy substances.
- **1 can of 100 percent pure fruit juice:** Contains vitamin C and often beta carotene.
- **1 can of vegetables:** Supplies beta carotene, vitamin C, folate, complex carbohydrates, fiber and potassium.
- **1 can of tomato or pasta sauce:** Contains lycopene, a healthy substance that is more available to your body in canned and cooked tomatoes than in fresh.
- **1 canned meal:** Offers a variety of ingredients and nutrients.
- **1 can of beans:** Contains plenty of protein, complex carbohydrates and fiber .
- **1 can of evaporated milk:** Makes an excellent source of calcium and protein.

Cut Here



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