

Fridge	Pantry
Beverages <ul style="list-style-type: none"> Low calorie (<10 calories/serving) Unsweetened soy or almond milk V8 Vegetable Juice (low sodium) Water Dairy <ul style="list-style-type: none"> Milk Cheese Plain or unsweetened Greek/regular yogurt Condiments/Dips <ul style="list-style-type: none"> Hummus Mayonnaise Mustard Pesto Sour cream Salsa Fruit <ul style="list-style-type: none"> Apples, pears, oranges, grapes, berries, cantaloupe, honeydew, banana, etc. Protein <ul style="list-style-type: none"> Eggs/egg whites Chicken 90-93% lean ground beef/turkey Deli meat (low sodium turkey, ham, chicken) Pre-cooked/sliced chicken Chicken sausage Tofu Vegetables <ul style="list-style-type: none"> Bagged lettuce, spinach, mixed greens Tomatoes, mushrooms, onions, peppers, zucchini, eggplant, cucumber, carrots, celery sticks, etc. Portabella mushrooms Sweet potatoes, yams 	Breakfast Foods ($\geq 5g$ fiber, $\leq 8g$ added sugar/serving) <ul style="list-style-type: none"> Kashi® cereals Shredded Wheat® Wheat Chex® Plain rolled or steel-cut oatmeal Canned Foods <ul style="list-style-type: none"> Artichoke hearts Beans (not baked; reduced sodium) Broth (reduced sodium) Chicken, salmon, tuna packed in water Olives Broth based soups (reduced sodium) Tomato sauce/diced tomatoes (reduced sodium) Grains <ul style="list-style-type: none"> Basmati, brown, parboiled, or wild rice (limit white) Bulgur, barley, quinoa Whole wheat pasta of your choice (cooked al-dente) Oils <ul style="list-style-type: none"> Extra virgin olive, avocado, safflower, sesame, flax (salad dressing) Salad dressing (look for lowest sugar/sodium versions) Seasoning/Condiments <ul style="list-style-type: none"> Herbs/spices (cilantro, garlic powder, parsley, crushed red pepper, etc.) Soy sauce (low sodium) Balsamic, red, or white vinegar; rice wine vinegar Salsa Snacks <ul style="list-style-type: none"> Nuts, seeds, natural peanut butter Sugar free Jell-O® Gelatin, pudding Air popped popcorn Low sugar/high fiber granola bars (KIND, Lara, Luna, Rx)
Freezer	Bread Box
Fruit <ul style="list-style-type: none"> Frozen mixed berries or tropical versions Protein <ul style="list-style-type: none"> Shrimp, chicken, lean meat (sirloin, tenderloin, pork loin) 90-93% lean ground beef/turkey Chicken sausage Veggie Burgers (Boca®) Edamame Frozen Meals / Sides <ul style="list-style-type: none"> Meals with < 500mg sodium/serving, cauliflower rice, Super Food Blends – Chickpeas and Spinach Non-Starchy Vegetables: <ul style="list-style-type: none"> Broccoli, green beans, cauliflower, Brussels sprouts, etc. Mixed vegetables 	Whole Grain Crackers (≥ 3 grams fiber/serving) <ul style="list-style-type: none"> Ak-Mak® Triscuits® Stone ground/whole grain bread products (≥ 3 grams fiber/serving) <ul style="list-style-type: none"> Whole wheat mini pita pockets Whole grain sandwich bread Mestemacher breads Ezekiel breads Sprouted breads Whole wheat tortillas (6" diameter) Tortilla Chips Stone-ground corn varieties

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