

Healthy Foods to Keep in Your Kitchen

Fridge	Pantry
<p>Beverages</p> <ul style="list-style-type: none"> • Low calorie (<10 calories/serving) • Unsweetened soy or almond milk • V8 Vegetable Juice (low sodium) • Water <p>Dairy</p> <ul style="list-style-type: none"> • Milk • Cheese • Plain or unsweetened Greek/regular yogurt <p>Condiments/Dips</p> <ul style="list-style-type: none"> • Hummus • Mayonnaise • Mustard • Pesto • Sour cream • Salsa <p>Fruit</p> <ul style="list-style-type: none"> • Apples, pears, oranges, grapes, berries, cantaloupe, honeydew, banana, etc. <p>Protein</p> <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 <p>Vegetables</p> <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 	<p>Breakfast Foods (≥5g fiber, ≤8g added sugar/serving)</p> <ul style="list-style-type: none"> • Kashi® cereals • Shredded Wheat® • Wheat Chex® • Plain rolled or steel-cut oatmeal <p>Canned Foods</p> <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) <p>Grains</p> <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) <p>Oils</p> <ul style="list-style-type: none"> • Extra virgin olive, avocado, safflower, sesame, flax (salad dressing) • Salad dressing (look for lowest sugar/sodium versions) <p>Seasoning/Condiments</p> <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 <p>Snacks</p> <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
<p>Fruit</p> <ul style="list-style-type: none"> • Frozen mixed berries or tropical versions <p>Protein</p> <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 <p>Frozen Meals / Sides</p> <ul style="list-style-type: none"> • Meals with < 500mg sodium/serving, cauliflower rice, Super Food Blends – Chickpeas and Spinach <p>Non-Starchy Vegetables:</p> <ul style="list-style-type: none"> • Broccoli, green beans, cauliflower, Brussels sprouts, etc. • Mixed vegetables 	<p>Whole Grain Crackers (≥3 grams fiber/serving)</p> <ul style="list-style-type: none"> • Ak-Mak® • Triscuits® <p>Stone ground/whole grain bread products (≥3 grams fiber/serving)</p> <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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