

Quick Tips to Stock Your Kitchen

Use this chart to ensure that you're stocking your kitchen with good, healthy foods:

In the Fridge	In the Pantry
<ul style="list-style-type: none"> • Beverages: Water (stock ready-to-go in refillable bottles) <ul style="list-style-type: none"> ○ Consider purchasing a water filter (pitcher or other) ○ Low-calorie (<10 calories/serving) juice ○ Milk or non dairy alternative, unsweetened ○ Sparkling water, unsweetened ice tea, tea, or coffee (limit to 300 mg per day) • Sweeteners: Honey, agave or stevia • Dairy: Pasteurized chees, plain and unsweetened Greek or regular yogurt • Condiments & Dips: Hummus, salsa, natural nut butter • Fruit: Avocados, apples, pears, oranges, grapefruit, lemon, grapes, berries, cantaloupe, honeydew, peaches, nectarines • Lean Protein: Eggs, egg whites, fish, chicken, lean meat, tofu, tempeh, edamame • Vegetables: Arugula, bagged lettuce, spinach, mixed greens, tomatoes, mushrooms, onions, peppers, zucchini, eggplant, cucumber, baby carrots, celery sticks, sweet potatoes, yams 	<ul style="list-style-type: none"> • Breakfast foods (> 4g of fiber, <8g of added sugar per serving): Kashi® cereals, Shredded Wheat®, Wheat Chex®, plain rolled or steel-cut oatmeal • Canned Foods: Artichoke hearts, beans (not baked; reduced sodium), broth (reduced sodium), chicken/salmon/tuna, soup (reduced sodium), tomato sauce/diced tomatoes (reduced sodium) • Grains: Basmati, brown, parboiled, or wild rice (avoid white), barley, quinoa, whole- grain or quinoa pasta of your choice (cooked al dente) • Oils: Olive oil, peanut oil, sesame oil, avocado oil, safflower oil • Seasoning & Condiments: Herbs & spices (cilantro, garlic powder, parsley, crushed red pepper, etc.), low-sodium tamari/soy sauce, balsamic, red, or white vinegar; rice wine vinegar • Snacks: Unsalted nuts (pecans, almonds, walnuts), seeds, air popped popcorn, whole wheat tortilla chips, low sugar and high-fiber protein bars (KIND, Lara, Rx)
In the Freezer	In the Bread Box
<ul style="list-style-type: none"> • Fruit: Frozen mixed berries or tropical versions (without any added sauces, sugar) • Vegetables: Frozen broccoli, carrots, pepper, stir-fry, etc. • Lean Protein: ground turkey and chicken, chicken, lean meat (sirloin, tenderloin), fish (salmon, cod, catfish) • Non Animal Protein Alternatives: Veggie burgers, edamame 	<ul style="list-style-type: none"> • Starches/grains: Whole grain crackers (> 3g of fiber per serving) - Ak-Mak®, Stone-ground/whole-grain bread products (> 3 grams of fiber per serving), whole wheat mini pita pockets, whole-grain sandwich bread, Mestemacher breads, sprouted breads, whole-wheat tortillas (6")

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