



Keep a selection of healthy foods that you like and will use.

## HEALTHY PANTRY FOOD BASICS

### Canned Foods

- Canned vegetables (less salt/sodium)
- Canned tomatoes (no salt added): sauce, diced, spaghetti sauce, paste, whole
- Canned beans: black, kidney, pinto, cannellini, chickpeas
- Canned fruit in water or 100 percent juice (no sugar added)
- Canned soups and broths: low sodium and low-fat varieties
- Canned fish: tuna packed in water, salmon
- Canned milk (low-fat or fat-free): sweetened condensed, evaporated

### Breads

- Whole wheat or whole grain bread (*freeze if not used right away*)
- Tortillas: corn or whole wheat\*
- English muffins: whole wheat
- Small bagels, whole wheat
- Crackers: whole wheat

### Cereals

- Oatmeal, rolled or steel cut oats
- Cereals with less than 6 grams sugar per serving

### Miscellaneous

- Peanut butter (just made with peanuts is best)
- Jelly and/or jams
- Honey
- Popcorn
- Dried fruits: raisins, plums, apricots, cranberries

### Oils and Vinegars

- Nonstick cooking spray
- Cooking oils: canola, olive, peanut, sesame
- Vinegars: white, red wine, balsamic, apple cider

### Condiments

- Ketchup
- Mustards: yellow, Dijon, whole grain
- Pickles and olives
- Relish
- Light or low-fat mayonnaise
- A1 Steak Sauce
- Worcestershire sauce
- Tabasco or hot pepper sauce
- Salsa
- Low-sodium soy sauce
- Horseradish
- Barbecue sauce

### Herbs and Spices

- Pepper, garlic powder, onion powder, basil, thyme, oregano, cumin, crushed red pepper, ginger, rosemary, mint, curry, dill weed, cayenne, paprika, cinnamon, cloves, nutmeg

### Beverages

- Juice, 100 percent natural, fruit or vegetable\*
- Dry powdered milk
- Green tea, other assorted tea
- Hot chocolate or cider mix
- Seltzer water

### Dry Goods

- Rice: brown, white, wild
- Pasta: whole wheat in variety of shapes and sizes
- Dry Beans: pinto, black, navy, white, mixed
- Legumes and grains: lentils, split peas, barley

### Baking Supplies

- Flour: white, whole wheat
- Sugar: white, brown, powdered
- Sugar substitute
- Pancake mix
- Pancake syrup
- Baking powder
- Baking soda
- Baking chocolate
- Chocolate chips
- Nuts: almonds, walnuts, pecans, pine, peanuts, sunflower seeds

- Baking mixes: cake, cookie, cornbread, muffin, brownies
- Vanilla extract
- Salt
- Cornstarch
- Corn meal
- Bread crumbs or Panko

### Vegetables

(store in a dark place, like pantry)

- Potatoes: Russet, Red Rose, sweet
- Onions: red, white, yellow

## HEALTHY REFRIGERATOR BASICS

### Refrigerated Dairy and Meats

- Milk: low or reduced fat, fat-free
- Cheese: Monterey Jack, low-fat cheddar, feta, mozzarella
- Low-fat yogurt: plain, flavored
- Reduced fat sour cream
- Reduced fat cream cheese
- Low-fat cottage cheese
- Large eggs
- Lean deli meats: chicken, turkey

### Fresh Produce

- Vegetables: carrots, Romaine lettuce, broccoli, celery
- Fruits: variety, eat thin skinned fruits first
- 100 percent fruit juice, like orange juice
- Prepared fresh vegetables: Baby carrots, slaw mix, prewashed salads
- Garlic

### Freezer

- Frozen vegetables you like
- Fruits: blueberries, strawberries, other fruit
- 100 percent juice concentrate
- Lean meats and seafood
- Frozen waffles
- 100 percent fruit bars, light ice cream
- Chicken breasts

\* Needs refrigeration once opened