



Nutrition *fact sheet*

THE WELL-STOCKED KITCHEN

HEALTHY FOODS TO KEEP ON HAND FOR QUICK MEALS

FRESH PRODUCE

- Chopped garlic
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FRESH MEAT

- Lunchmeat
- Chicken or turkey breast
- Pork tenderloin
- Ground beef or turkey (90% lean)
- Fish
- _____

GRAINS

- Brown rice
- Whole wheat pasta
- Quinoa
- Whole wheat couscous
- Whole wheat breads
- Whole wheat pizza crust
- Whole grain cereal
- Oatmeal
- Whole grain flour tortillas
- _____
- _____

DAIRY

- Low fat milk
- Low fat cheese
- Low fat yogurt
- Eggs
- Egg Substitute
- Low fat cottage cheese
- _____
- _____

BAKING ITEMS

- Baking powder
- Baking soda
- Flour
- Sugar
- Vinegar
- Canola oil
- Olive oil
- Dried herbs & spices
- _____
- _____

CONDIMENTS

- Ketchup
- Mustard
- Salad dressings
- Soy sauce
- Margarine/spreads
- _____
- _____



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CANNED/JARRED PRODUCTS

- No sugar added canned fruit
- No sodium added canned vegetables
- Canned beans
- Peanut butter
- Tuna packets or canned in water
- Salmon packets or canned in water
- Low sodium chicken broth
- Low sodium vegetable broth
- Lower fat cream soups
- Lower sodium soups
- Pizza sauce
- Pasta sauce
- _____
- _____

FROZEN

- No sodium added vegetables
- No sugar added fruit
- Edamame
- Shrimp
- Vegetarian "burgers"
- Veggie crumbles
- Brown rice
- Healthier frozen meals
- _____
- _____

SNACKS

- _____
- _____
- _____