



THE ESSENTIALS FOR STOCKING A HEALTHY KITCHEN

Keeping your pantry, refrigerator, and freezer well stocked is key to managing a healthy diet. When you have the basics on hand, you're always ready to put together a well-balanced meal or snack, even when life gets busy! A well-stocked kitchen that is full of various, accessible, and ready-to-eat foods is an excellent way to start making healthier choices.

Visit Choose My Plate, American Heart Association, and Eat Right for more nutrition information and recipe ideas!

Pantry Essentials

Low-sodium canned goods

- Black beans
- Chickpeas
- Tomatoes/tomato sauce

Low-sodium broth

- Chicken
- Vegetable

Olive oil & vinegar

Nut butter

Unsalted nuts & seeds

Whole grains

- Brown rice
- Quinoa
- Oats
- Whole wheat pasta

Whole-wheat bread

Whole-wheat crackers

Dried herbs & spices

Sweet potatoes

Low-sodium canned tuna

Refrigerator Essentials

Fresh fruits & vegetables

- Apples
- Clementines
- Berries
- Cucumbers
- Tomatoes
- Onions
- Bell peppers
- Carrots
- Green beans

Eggs

Lean proteins

- Chicken breasts
- Ground Turkey
- Fish

Reduced-fat dairy products

- Milk
- Cheese
- Yogurt

Fresh garlic

Hummus or guacamole packets

Freezer Essentials

Frozen fruit & vegetables

- Broccoli
- Green beans
- Zucchini noodles
- Riced cauliflower
- Spinach
- Corn
- Berries
- Peaches
- Mangoes

Avoid added sauces and ingredients. Look for just the fruit or vegetable name on the ingredients list!

Meat, poultry & fish

- Lean ground beef or turkey
- Chicken breasts
- Salmon burgers

Homemade soups, sauces, etc.

Whole-wheat bread products