

Spring cleaning for your kitchen pantry!

This is the time to clean out your kitchen pantry and restock it with better food choices that will fit into a healthy eating lifestyle. Use this list of food choices to stock your kitchen. You are the gatekeeper to the food your family has access too. If you keep healthy food on hand, your snacks and meals will be nutritious. You will have a variety of choices for well balanced meals and easy and quick snacks. Studies show cooking and eating at home save money and calories. Use this time to connect with your kids and other family members. Research also shows families that eat meals together are healthier, get better grades and are less likely to smoke and use drugs.

Foods that encourage a healthy diet are:

**Produce**

Avocados

Beets

Broccoli

Butternut Squash

Carrots

Cauliflower

Garlic

Kale

Mushrooms

Onions

Spinach

Red, yellow, green peppers

Red cabbage

Romaine Lettuce

Tomatoes

Sweet Potatoes

Apples

Apricots

Bananas

Blueberries

Cantaloupe

Cranberries

Grapefruit

Kiwi

Lemon

Oranges

Pears

Raisins

Red grapes  
Strawberries  
Watermelon  
100 % fruit or vegetable juices

### **Grains**

Brown Rice  
Bulgar/Cracked Wheat  
Whole Grain Cereals (hot and cold cereal, look for 5 gm fiber per serving and whole grain label)  
Whole Grain Breads and Buns (wheat, rye, etc)  
Oatmeal  
Whole Wheat Pasta  
Whole Grain Corn Tortillas  
Whole Grain Crackers  
Whole wheat flour (try substituting half WW flour in recipes)  
Whole Wheat Couscous  
Barley  
Kasha  
Tabbouleh salad mix

### **Dairy Products and alternatives**

Low Fat or Fat Free-  
White Milk  
Flavored Milk  
Lactose Free Milk  
Cheese- cheddar, swiss, mozzarella, parmesan  
String cheese  
Cottage cheese  
Yogurt  
Enriched soy milks, rice milk and nut milks  
Fat free non dairy creamer and half and half

### **Beans/Seeds**

Almonds  
Beans- black, kidney, pinto, garbanzo  
Pecans  
Pinenuts  
Flaxseed (and flax meal)  
Hummus  
Lentils  
Peanut Butter (all natural)

Split Peas  
Sunflower seeds  
Tofu  
Walnuts  
Soybeans

### **Meat, Fish and Poultry**

Eggs  
90-95% lean ground meat  
Bottom round roast or steak  
Brisket  
Eye round steak  
Top sirloin  
Pork Tenderloin  
Pork Loin roast and chops  
Cod  
Flounder  
Halibut  
Mussels  
Salmon  
Sardines  
Chicken legs or thighs  
Skinless breast chicken or turkey

### **Oils**

Canola  
Extra virgin olive oil  
Non stick sprays

### **Condiments**

Ketchup  
Salsa  
Flavored vinegars (quick and low fat salad dressing)  
Light salad dressings  
Mustard  
Fat free mayo

### **Can Goods**

Can tuna or salmon in water  
Tomatoes and tomato sauce  
Low sodium soups  
Broth (low sodium)  
Applesauce (use to replace oil in baking)

### **Frozen Foods**

Pizza (get cheese and add your own vegetables)

Whole Wheat waffles

Breakfast Burritos

Frozen Vegetables (no sauce added)

Frozen Fruits

### **Snacks and Treats** (still watch portion size and calories)

Dark Chocolate

No Pudge Brownies

Dried fruits

Trail mixes with nuts and fruits

Jerky

Low sugar granola bars

Popcorn (plain)

Pretzels

Baked corn chips

Baked potato chips or reduced fat potato chips

Low fat or fat free ice cream

100% frozen fruit bars

Soy or rice based frozen treats

### **Beverages**

Traditional coffee and teas (beware of flavored)

Water (watch for flavored waters that can have added sugar and calories)

Presented by Hen House Markets