

Stock A Healthy Kitchen!

Healthy eating starts with what you put in your shopping cart. And every bite you take is an opportunity to promote your health! A combination of foods consumed as part of a mostly plant diet help to maintain healthy cells and support immunity. *Your body prefers to get nutrients from foods.* Aim to give your body the fuel it needs each day. Keep these foods on hand for fast meals on busy nights.

Fruits and Vegetables

Fresh:

- Vibrantly colored fruits and vegetables, such as spinach, tomatoes, carrots, berries, oranges, peaches, leafy greens, bell peppers, broccoli, squash, yams, plums, beets, mango, pumpkin and peas
- Easy-to-grab snacks, such as baby carrots, broccoli florets, cherry tomatoes, sugar snap peas, grapes, sliced melon, apples, bananas and oranges

Canned, Dried and Frozen Fruit:

- Canned fruit packed in water, juice or light syrup
- 100% fruit juice with no added sugars, no more than 120 calories per 8 fl oz
- Dried fruits, such as prunes, dates, apricots or raisins without added sugars
- Unsweetened frozen fruit to use in smoothies and yogurt parfaits or add to oatmeal

Canned and Frozen Vegetables:

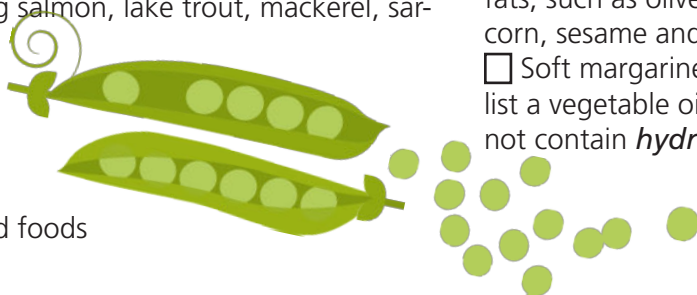
- Canned vegetables (choose the product with the least amount of sodium you can find), drain and rinse with water before use
- Look for "No-Added-Salt" on the label
- Plain Frozen vegetables without sauces (choose the product with the least amount of sodium you can find)

Grain Products

- Whole-grain breads, cereals, pasta and crackers (look for whole grain, such as whole wheat, whole oats or cornmeal and dietary fiber at least 10% Daily Value)
- Whole-wheat flour (substitute for half or more of the white flour in recipes)
- Other whole grains, such as oats, brown rice, barley, quinoa, millet, amaranth and bulgur

Omega 3 Fatty Acid Rich Foods

- Seafood including salmon, lake trout, mackerel, sardines, albacore tuna
- Walnuts
- Flaxseed
- Canola oil
- Soybeans
- Omega-3 fortified foods



Protein Foods

- Tofu and tempeh
- Fish fillets or steaks, such as salmon, tilapia, cod, halibut and trout (be aware that breading and sauces may add extra calories and sodium)
- Cans or pouches of tuna, salmon or chicken, drained, lowest sodium product you can find
- Dried beans, peas and lentils
- Canned beans (choose the product with the least amount of sodium you can find), drain and rinse with water before use
- Extra-lean cuts of beef and pork (cuts with "loin" and "round" in the name)
- Ground beef or poultry labeled "extra lean"
- Skinless chicken breasts
- Extra-lean deli meats (choose the product with the least amount of sodium you can find)
- Nuts, such as almonds, hazelnuts, peanuts, pecans, pistachios, walnuts and cashews and pecans (unsalted or with no more than 140 mg of sodium per label serving)
- Nut butters with no partially hydrogenated oils, no added sugar and with the least amount of sodium you can find.
- Seeds, such as pumpkin seeds, sunflower seeds and flax seeds and chia seeds

Dairy, Dairy Alternative and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Calcium fortified milk alternatives (soy, almond)
- Low-fat or nonfat yogurt with no more than 20g of **total sugars** per 6 oz serving. Greek yogurt has more protein than other yogurts.
- Eggs

Fats and Oils

- Oils higher in unsaturated fats and low in saturated fats, such as olive, canola, peanut, safflower, soybean, corn, sesame and walnut oils
- Soft margarines that contain "0 grams trans fat", list a vegetable oil or water as the first ingredient, do not contain *hydrogenated oils*.