

A Well-Stocked Kitchen

Produce: Fruits

Go crazy here!

Buy whatever you like. Try local produce. The shorter the transit time, the more nutrients will remain. It is always more cost effective to purchase fruits and vegetables in season.

Bananas	Strawberries
Pears	Cantaloupe
Peaches	Honeydew
Oranges	Pineapple
Grapes	Kiwi
Apples	Blueberries

Frozen fruits are wonderful and often less expensive. Beware of added sugar. Canned fruits are not usually a good choice. Often the skin is removed so the food is lower in fiber, and there is usually sugar or juice added. Even those fruits which say, "packed in its own juice" are not great choices. It is always better to eat the fruit than to drink the juice.

** Pack two pieces of fruit every day in your backpack, brief case, or simply in the car. If you have them with you, you will eat them before you go in search of a snack and find yourself in front of the snack machine.

Produce: Vegetables

**Allow some preparation time here. If you come home from the food store and you jam all of your beautiful new vegetables in the refrigerator, you will forget you have them and end up tossing them in a week. Why not put aside some time to cut and chop. Prepare a vegetable platter with an assortment of beautiful colors. Make a few baggies of vegetables to carry with you to work this week. Start a large pot of vegetable soup. Stir fry vegetables for dinner tonight!

Salad Greens	Carrots	Cabbage	Brussels Sprouts
Cucumbers	Red, Green, Yellow Peppers	Zucchini Squash	Broccoli
Green Beans	Eggplant	Green Beans	White Potatoes
Asparagus	Cauliflower	Spinach	Yams/Sweet Potatoes
Onions	Edamame	celery	

**** Roasting veggies is a yummy way to increase your intake. Slice any vegetable, place in a single layer on a baking sheet. Spray with Pam or with your Misto. Top with seasonings. Roast until browned. Delicious!!!***

Frozen Vegetables- frozen vegetables are every bit as chock full of nutrients as fresh vegetables. They are flash frozen minutes after they are picked on the farm! They are usually a little bit lower in fiber, but if it means you are going to eat them because you do not have to do much preparation...go for it! To many people, the convenience is the primary consideration.

Look for frozen vegetables without sauces or other additions. Sauces and butter just add calories and sodium to these perfect foods.

Meats

Best choices are chicken, turkey and fish. These foods are lower in saturated fat and cholesterol than beef, pork, veal and lamb.

Avoid the higher fat versions of even these meats such as chicken wings.

Chicken breasts
 Chicken tenderloin
 Ground Chicken **breast**
 Ground Turkey **breast**
 Turkey tenderloin
 Turkey London broil
 Salmon
 Tuna
 Canned tuna fish
 Flounder

Any fish (except breaded, fried or in a sauce) is good choice

- Veggie burgers
- Morningstar soy crumbles
- Nuts and Nut butters
- Quinoa
- Beans and Chickpeas
- Tempeh and tofu
- Seitan

Dairy

Skim milk or 1% milk

Low fat or fat free cheeses

Low fat or fat free yogurt. Greek yogurt is an especially good choice. The plain fat free Greek yogurts contain about 23 grams of protein for 8 ounces.

Veggie slices (soy-based cheese)	Benecol or Promise Take Control "butter"	Margarine with low saturated fat and no trans fats
Egg Whites	Egg Beaters	Eggs-in limited amounts
Cottage Cheese low fat or fat free or 1%	Sour cream – low fat or fat free	Ricotta cheese – low fat or fat free

Canned Goods

Avoid most canned foods. They are usually very high in sodium. Beans are the one major exception. While dried beans are the best choice, they take a long time to prepare, so the convenience factor is not there. Beans are so good for us, that they are worth the exception to our rule. When you rinse beans, you are removing about 50% of the sodium. Beans are an inexpensive source of protein and they are high in fiber. This is not true for other canned foods.

Canned beans (black, red, garbanzo, and pinto) well rinsed
 Look for tomato sauce that is low in sugar and low in sodium.

Breads

There are many tricks in the bread department. Read the label! The first ingredient must say, "Whole _____ flour". If the label says "wheat flour or enriched wheat flour, then it is not a good choice. If the label on the bread says, "double fiber bread",

put it back. It is using functional fiber, which is not real fiber and it will cause you to malabsorb the carbohydrate in this bread causing excess gas.

Whole wheat bread.

Multi grain breads (only if the first ingredient says “whole.....wheat, oat, rye, etc.”)

- 100% Whole wheat pita
- 100% Whole wheat English muffins
- 100% Whole wheat rolls
- 100% Whole wheat bagels
- 100% Whole wheat tortillas
- 100% Whole wheat pizza crust
- 100% Whole wheat Sandwich Thins

Cereals

Look for any cereal with at least 5 grams of fiber or more

- All Bran
- Cheerios - the yellow box, not honey, multi-grain, banana nut or chocolate
- Fiber One
- Oatmeal (steel cut or Irish is best)
- Kashi or any other low sugar cereal

Stocking Your Pantry

Grains & Cooking Items		
Whole Wheat Pasta	Barley	Whole Wheat Bread Crumbs
Whole Wheat Cous Cous	Whole Wheat Orzo	Low Sodium Chicken Broth
Quinoa	Bulgur	Lentils
Brown rice	Farro	Beans
Wild rice	Tabouli	

Cooking Oils
Olive Oil
Avocado oil
Canola Oil
Sesame oil
Peanut oil
Most vegetable oils

Nuts & Snacks	Crackers
Almonds	Wasa
Walnuts	RyVita
Peanuts All nuts	Triscuits - Reduced fat
Peanut Butter (two ingredients: peanuts & salt)	All nut butters
Raisins	

Beverages
Bottled water
Coffee
Tea
Herbal Tea
Crystal Light
Diet Iced Tea (Turkey Hill, Rosenberger's)
Any Beverage Without Calories