



# 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