



Stock the Kitchen

Quick, healthy meals are easier if your kitchen is well stocked with nutritious foods.

IN THE PANTRY

- _____ Beans, canned (for salads, chili, etc), refried
- _____ Bread & crackers, whole-grain
- _____ Broth, chicken (in resealable carton), beef, vegetable
- _____ Cereal, select one with 5 – 7 grams of fiber
- _____ Cornstarch
- _____ Couscous
- _____ Flour, white & whole wheat
- _____ Fruit, canned in fruit juice
- _____ Garlic
- _____ Honey
- _____ Milk, nonfat dry
- _____ Non-stick cooking spray
- _____ Oil, olive, canola, or blends (canola & other oils)
- _____ Olives
- _____ Onions
- _____ Pancake or biscuit mix
- _____ Pasta, different shapes & sizes
- _____ Pretzels
- _____ Rice, brown & wild provide more nutrients
- _____ Soups, Campbells, Healthy Request, Healthy Choice and some of the powder mixes such as Bear Creek Country Kitchen
- _____ Tomatoes, canned, paste, and sauce
- _____ Tuna, salmon & chicken, water packed
- _____ Vinegar, Balsamic & flavored

IN THE FREEZER

- _____ Beef, pork (lean cuts look for round or loin)
- _____ Beef, ground (7-10% fat)
- _____ Chicken breast, skinless
- _____ Fruit, no sugar added
- _____ Juice, fortified with vitamin C &/or calcium
- _____ Vegetables

IN THE REFRIGERATOR

- _____ Margarine, light
- _____ Cheese (use more mozzarella or fat reduced)
- _____ Cottage Cheese
- _____ Eggs (buy enough to use 2 whites instead of 1 whole)
- _____ Fruit, small amounts of several varieties
- _____ Mayonnaise, low fat
- _____ Milk, 1% or skimmed
- _____ Mustard
- _____ Salad Dressing, low fat
- _____ Salsa
- _____ Vegetables, small amounts of several varieties
- _____ Yogurt

HERBS & SPICES

Often, in an attempt to add flavor to food we use a lot of salt. In very small amounts of salt will enhance flavor, but too much not only can ruin the flavor of the food, but also can be an unhealthy habit. Use herbs and spices instead. Because they are quite expensive, this is a short list to get you started. When you buy a new jar, label it with the date. Old herbs and spices lose their pizzazz.

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| _____ Basil | _____ Cumin | _____ Onion Flakes |
| _____ Black Pepper | _____ Chili Powder | _____ Oregano |
| _____ Cayenne Pepper | _____ Garlic Powder | _____ Rosemary |
| _____ Cinnamon | _____ Mustard Powder | _____ Spice Blends |

Note: Several of the above items come also as a salt, such as garlic salt. Opt for the powder versions, this allows you better control of the sodium with which you cook.

SPICES can come from the bark, root, bud, flower, fruit, and seed of plants that are grown in the tropics. Some spices are sweet, some are spicy-sweet, and some are “hot”. Examples include: allspice, anise, caraway, cardamon, cayenne pepper, cinnamon, cloves, cumin, ginger, mace, nutmeg, paprika, and turmeric.

HERBS are usually the leaves of plants that grow in a temperate climate. Examples include basil, bay leaves, marjoram, mint, oregano, rosemary, sage, savory, tarragon, and thyme.