

# HOW TO STOCK A HEALTHY KITCHEN!

## PANTRY

- **BEANS:** whole beans & low-sodium (black, pinto, garbanzo, kidney, etc)
- **BROWN RICE**
- **WHOLE GRAIN CEREAL**
- **NUTS**
- **TOMATOES (LOW SODIUM)**  
Mexican and/or Italian style okay
- **BROTH (LOW SODIUM)**  
vegetable, chicken and beef broth
- **CHICKEN & FISH** canned chicken, salmon and tuna
- **WHOLE GRAIN PASTA**
- **OATMEAL**
- **WHOLE GRAIN CRAKERS**
- **APPLESAUCE (UNSWEETENED)**
- **PEANUT BUTTER, NUT BUTTERS**
- **PASTA SAUCE (LOW SODIUM)**
- **OLIVE OIL**
- **CANNED VEGETABLES (NO SALT ADDED)**
- **SWEET POTATOES**

## REFRIGERATOR

- **FRESH VEGETABLES** carrots, cucumbers, tomatoes, greens, broccoli, peppers, onions, kale, etc.
- **FRESH FRUIT** apples, citrus, berries, melons, etc
- **CHEESE**
- **HUMMUS**
- **SOY OR ALMOND MILK (UNSWEETENED)**
- **GREEK YOGURT (PLAIN)**
- **SELZER WATER**
- **COTTAGE CHEESE**
- **CONDIMENTS** mustard, salsa
- **EGGS**

**\*\*MANY PROCESSED AND CANNED FOODS ARE HIGH IN SALT/SODIUM**

## FREEZER

- **FROZEN VEGETABLES** green beans, corn, broccoli, stir-fry blend, etc—add to pasta, soup, casseroles
- **FROZEN FRUIT (UNSWEETENED)**
- **SHELLFISH** to add to stir-fry
- **CHICKEN, TURKEY**
- **FISH**
- **LEAN BEEF OR BISON**
- **GARDEN BURGERS**
- **GREEN CHILE**
- **FREEZE LEFTOVERS FOR QUICK DINNERS**