



hen house

your market

Spring cleaning for your kitchen pantry!

This is the time to clean out your kitchen pantry and restock it with better food choices that will fit into a healthy eating lifestyle. Use this list of food choices to stock your kitchen. You are the gatekeeper to the food your family has access too. If you keep healthy food on hand, your snacks and meals will be nutritious. You will have a variety of choices for well balanced meals and easy and quick snacks.

Studies show cooking and eating at home save money and calories. Use this time to connect with your kids and other family members. Research also shows families that eat meals together are healthier, get better grades and are less likely to smoke and use drugs.

Foods that encourage a healthy diet are:

Produce

- Avocados
- Beets
- Broccoli
- Butternut Squash
- Carrots
- Cauliflower
- Garlic
- Kale
- Mushrooms
- Onions
- Spinach
- Red, yellow, green peppers
- Red cabbage
- Romaine Lettuce
- Tomatoes
- Sweet Potatoes
- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cranberries
- Grapefruit
- Kiwi
- Lemon
- Oranges
- Pears
- Raisins
- Red grapes
- Strawberries
- Watermelon
- 100 % fruit or vegetable juices



Grains

Brown Rice

Bulgar/Cracked Wheat

Whole Grain Cereals (hot and cold cereal, look for 5 gm fiber per serving and whole grain label)

Whole Grain Breads and Buns (wheat, rye, etc)

Oatmeal

Whole Wheat Pasta

Whole Grain Corn Tortillas

Whole Grain Crackers

Whole wheat flour (try substituting half WW flour in recipes)

Whole Wheat Couscous

Barley

Kasha

Tabbouleh salad mix

Dairy Products and alternatives

Low Fat or Fat Free-

White Milk

Flavored Milk

Lactose Free Milk

Cheese- cheddar, swiss, mozzarella, parmesan

String cheese

Cottage cheese

Yogurt

Enriched soy milks, rice milk and nut milks

Fat free non dairy creamer and half and half

Beans/Seeds

Almonds

Beans- black, kidney, pinto, garbanzo

Pecans

Pinenuts

Flaxseed (and flax meal)

Hummus

Lentils

Peanut Butter (all natural)

Split Peas

Sunflower seeds

Tofu

Walnuts

Soybeans

Meat, Fish and Poultry

Eggs

90-95% lean ground meat

Bottom round roast or steak

Brisket

Eye round steak

Top sirloin

Pork Tenderloin

Pork Loin roast and chops

Cod

Flounder

Halibut

Mussels

Can Goods

Can tuna or salmon in water
Tomatoes and tomato sauce
Low sodium soups
Broth (low sodium)
Applesauce (use to replace oil in baking)

Frozen Foods

Pizza (get cheese and add your own vegetables)
Whole Wheat waffles
Breakfast Burritos
Frozen Vegetables (no sauce added)
Frozen Fruits

Snacks and Treats (still watch portion size and calories)

Dark Chocolate
No Pudge Brownies
Dried fruits
Trail mixes with nuts and fruits
Jerky
Low sugar granola bars
Popcorn (plain)
Pretzels
Baked corn chips
Baked potato chips or reduced fat potato chips
Low fat or fat free ice cream
100% frozen fruit bars
Soy or rice based frozen treats

Beverages

Traditional coffee and teas (beware of flavored)
Water (watch for flavored waters that can have added sugar and calories)

