

Healthy Pantry!

Shop for the right things, at the right price!

Vegetables: (fresh, canned or frozen)

- Spinach
- Broccoli
- Cucumber
- Snap Peas
- Bell Peppers
- Carrots
- Celery
- Squash
- Corn
- Onions
- Potatoes
- Sweet Potatoes

Fruits: (fresh, canned or frozen)

- Apples
- Bananas
- Cantaloupe
- Grapes
- Oranges
- Peaches
- Pears
- Tomatoes

Dairy- go for low-fat!

- Low-fat Cheese
- Low-fat Yogurt
- Low-fat Milk
- Fortified soy milk
- Low-fat String Cheese

Bread/Grains- go for 100% whole wheat!

- Whole Wheat Pitas/sandwich thins
- Wheat or Corn Tortillas
- English Muffins
- Brown Rice
- Oatmeal

Condiments:

- Mustard
- Vinegar
- Low-fat dressing
- Ketchup
- Salsa

Snacks:

- Pretzels
- “lite” popcorn
- Whole grain crackers
- Applesauce

Meat, Fish, Protein:

- Chicken
- Pork (tenderloin, 95%-98% fat-free)
- Canned Tuna
- Fresh/frozen fish fillets
- Shrimp
- Walnuts
- Almonds
- Lentils/Beans

Beverages:

- Coffee
- Tea
- Juice

Kitchen Staples:

- Baking Powder
- Baking Soda
- Balsamic Vinegar
- Bread
- Flour
- Honey
- Mustard
- Olive oil