Spring Clean the Pantry and Diet

Purge the Pantry:
Make it a ‘clean sweep’ and dump the junk! Get rid of all the old candy from Halloween and Christmas that is lurking in boxes or drawers. Go the extra mile to wipe down, dust, sweep and mop the pantry, cabinets too. Avoid filling them back up with high sugar, fat, and calorie loaded snacks and sweets. Replace with dried fruits and nut mixes, natural nut butters, whole grain hot or cold cereals, and low sodium no sugar added canned goods, whole grain rice and grains. Toss and or donate the foods you “might eat” that are less healthy. Just know that if it’s in the kitchen, you will consume it eventually. Apply this idea in the pantry, fridge and freezer. Rotate your foods when you purchase and unload them with this rule in mind: First In, First Out (the FIFO rule). Pull older food items to the front and place newer items behind or underneath the current food.

Try my favorite shopping app. This app is geared toward budget shopping and stocking your pantry with ease. www.OutofMilk.com

Focus on Fresh:
Pick fresh foods when possible. To help decrease spoilage, follow the storage chart at http://www.fruitsandveggiesmorematters.org or try this shortcut: Storing Fruits Veggies

Is fresh best? Fresh is great, although not always doable when it comes to a budget or storage. Consuming fresh, frozen, canned, dried, and 100% juice supports a varied diet and still counts as healthy choices.

Go Clean and Green:
What is Eating Clean? Eating a daily diet with whole foods that have not been processed is the idea associated with ‘Clean Eating’. Choose foods as ‘natural from the earth’ as you can get such as fresh fruits and veggies, grass fed meats, and free-range (not raised in cages) poultry. Quality is often a focus for clean eating. When trying to eat cleaner, look for items that have less or zero artificial colors, no added sugar, salt and trans fats whenever possible and if budgets allow. From scratch cooking is also part of this plan, so when able skip on the pre-mixes.

Seize the Season:
Picking seasonal vegetation will help with providing a variety of colors and nutrients to any ‘spring cleaning’ menu. What are some seasonal food items for March-May?


Try something new from the list this week.

Campus Tips:
Spring Clean Your Diet: (Pick 2-3 to Try Today)

The 3 F’s: Eat High Fiber, Low Fat, and drink Fluids like water or low/no calorie beverages.

Ideas…
- Limit high fat items, choose baked or steamed, pick fiber foods such as fresh fruits, grilled and sautéed vegetables. Add a salad when possible - Make a healthy drink choice by selecting unsweetened tea and use sugar sparingly.
- Choose a lean protein such as grilled chicken, turkey, roast beef, chic peas, black and soy beans. Have you tried a grilled chicken salad instead of a burger or sandwich? Try a veggie loaded stir fry at our All-You-Care-to-Eat locations on campus, cooked in water not oil with little sauce.