



## *Stock the Kitchen*

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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.