









Quick tips to stock your fridge and pantry



IN THE FRIDGE

 Beverages	 Sweeteners	 Dairy	 Condiments/ dips	 Fruit	 Lean protein	 Vegetables
<ul style="list-style-type: none"> Water (regular, sparkling or a low-calorie flavored <10 calories/serving) Stock ready-to-go refillable bottles, and think about buying a water filter (pitcher or other) Add low-fat milk (or non-dairy alternative) and unsweetened ice tea to the list 	<ul style="list-style-type: none"> Honey Agave Stevia 	<ul style="list-style-type: none"> Cheese (regular or low fat) Plain greek/regular yogurt (add sweetener) 	<ul style="list-style-type: none"> Hummus Mayonnaise Mustard Pesto Sour cream (low fat) Cream cheese (low fat or whipped) Salsa 	<ul style="list-style-type: none"> Avocados Apples Pears Oranges Grapefruit Lemon Grapes Berries Cantaloupe Honeydew Peaches Nectarines 	<ul style="list-style-type: none"> Eggs/egg whites Fresh fish Lean meat and chicken Smoked salmon Pre-cooked/sliced chicken Tofu/tempeh/edamame 	<ul style="list-style-type: none"> Arugula Bagged lettuce Spinach Mixed greens Tomatoes Mushrooms Onions Peppers Zucchini Eggplant Cucumber Carrot/celery stick Sweet potatoes/yams







IN THE FREEZER

 Fruit	 Vegetables	 Lean protein	 Veggie burgers
<ul style="list-style-type: none"> Frozen mixed berries or tropical versions 	<ul style="list-style-type: none"> Frozen broccoli Carrots Peppers Stir-fry Diced tomatoes (low sodium) Avoid buying corn 	<ul style="list-style-type: none"> Ground turkey and chicken Shrimp Chicken Lean meat (sirloin, tenderloin) 	

IN THE BREAD BOX

 Breads	 Crackers
<ul style="list-style-type: none"> Stone-ground/whole-grain bread products (>3g fiber/serving) Whole-grain sandwich bread Mestemacher (organic) breads Sprouted breads Whole-wheat tortillas (6" only) 	<ul style="list-style-type: none"> Whole-grain crackers (>3 grams fiber/serving) Ak-mak® crackers

IN THE PANTRY

 Breakfast foods >4g fiber <8g sugar/serving	 Canned foods	 Grains	 Oils	 Seasoning/ condiments	 Snacks
<ul style="list-style-type: none"> Kashi® cereals Shredded wheat cereal Wheat chex® Rolled or steel-cut oatmeal (no added sugar) 	<ul style="list-style-type: none"> Artichoke hearts Beans (not baked; low sodium) Broth (low sodium) Chicken Salmon Tuna Soup (low sodium) Tomato sauce Diced tomatoes (low sodium) 	<ul style="list-style-type: none"> Basmati rice Brown, parboiled or wild rice (avoid white) Barley Quinoa Whole-grain or quinoa pasta of your choice (cooked al dente; firm to the bite) 	<ul style="list-style-type: none"> Olive oil Canola oil Peanut oil Sesame oil 	<ul style="list-style-type: none"> Herbs Spices (like cilantro, garlic powder, parsley, crushed red pepper) Low-salt tamari/soy sauce Balsamic Red or white vinegar Rice wine vinegar Salsa 	<ul style="list-style-type: none"> Unsalted nuts (pecans, almonds, walnuts) Seeds Peanut butter (all-natural) Popcorn (air-popped, not microwave) Tortilla chips (stone-ground corn varieties) Low-sugar, high-fiber protein bars