



Shopping List: Ingredients for a Healthy Kitchen

Cooking a healthy meal doesn't have to be a huge burden on your time. The first step to cooking healthy is to stock your kitchen with a variety of foods that you can throw together to create healthy meals in a hurry. Consider taking this list with you to the supermarket and keeping the following foods on hand for quick meals on busy nights.

In the Refrigerator

- Vegetables and fruits
- 100% vegetable and fruit juices
- Reduced-fat milk and yogurt (without added sugar)
- Reduced-fat cheeses: Cheddar, mozzarella, Swiss, Monterey Jack, cottage, Parmesan
- Reduced-fat sour cream and cream cheese
- Whole wheat and corn tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, teriyaki, chili
- Ketchup and mustard (spicy and Dijon)
- Salad dressings with olive oil or reduced fat

In the Cupboard

- Beans: Black, pinto, kidney, chickpeas, lentils
- Rice: Brown, long grain, rice mixes
- Pasta: Whole wheat, spaghetti, fettuccini, penne, bowtie
- Other grains: Couscous, orzo, cornmeal, whole wheat crackers, bread stick, bread crumbs
- Onions
- Canned tomatoes: Diced, whole, seasoned, sun-dried, sauce, salsa
- Canned vegetable: Mixed vegetables, green beans, mushrooms
- Canned and dried fruits: Applesauce, raisins
- Sauces: Pasta, pizza, tomato (check sodium content)
- Soups: Canned, broth and bouillon and dried soup mixes (check sodium content)
- Meats: Canned tuna, salmon, minced clams, chicken
- Peanut butter
- Vinegars: Cider, red and white wine, balsamic
- Oils: Olive, canola, peanut, and nonfat cooking spray

In the Freezer

- Frozen vegetables, fruits, and 100% juices
- Frozen chopped onions and chopped green pepper
- Breads: Whole-grain breads, dinner rolls, English muffins, bagels
- Meats: Chicken breast, ground turkey breast, extra lean hamburger
- Fish: Red snapper, salmon, orange roughy, cod, flounder, sole
- Frozen yogurt or fruit sorbet

