

Here is a checklist that will help you choose the right healthy foods to stock your refrigerator and cabinets

Grains

- _____ Oatmeal (plain rolled oats)
 - _____ Other Hot Cereals
 - _____ Cold cereals (fiber: 3 grams or more per serving, sugar: 5 grams or less per serving, and fat: 3 grams or less per serving)
 - _____ Oat bran, whole wheat, or whole grain bagels
 - _____ Breads (whole wheat or whole grain)
 - _____ Whole wheat pita bread
 - _____ Rice (whole grain brown rice)
 - _____ Tortillas (whole wheat or whole grain)
 - _____ Pastas all varieties (whole wheat)
 - _____ Couscous, quinoa, bulgur (whole grain)
 - _____ Other Grains:
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Tip: Always choose whole wheat and whole grain bread, rice, and pasta over white bread and grains.

Vegetables

- _____ Asparagus
 - _____ Artichokes
 - _____ Bell Peppers
 - _____ Broccoli
 - _____ Cabbage
 - _____ Carrots
 - _____ Cucumbers
 - _____ Garlic
 - _____ Onions
 - _____ Tomatoes
 - _____ Lettuce
 - _____ Mushrooms
 - _____ Potatoes: all varieties Baking, Yukon Gold, Yellow Fin, Red, Purple, New, Sweet and Yam
 - _____ Beans: navy, green, Lima, kidney, pinto, refried, black, soy, fava, chick peas
 - _____ Dried beans, peas and lentils
 - _____ Frozen vegetables
 - _____ Low sodium vegetable juice
 - _____ Other Vegetables:
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Tip: Organic is in most cases worth the money for taste and nutritional value.

Tip: Look for low sodium canned vegetables.

Fruit

- _____ Apples
- _____ Apricots
- _____ Bananas
- _____ Berries, blackberries, blueberries, raspberries, strawberries
- _____ Grapes
- _____ Mangos
- _____ Melons, cantaloupe, honeydew, and watermelon
- _____ Oranges and tangerines
- _____ Peaches, nectarines
- _____ Pears

- _____ Plums
- _____ Grapefruit
- _____ Tangerines
- _____ Apple sauce (no sugar added)
- _____ Canned fruit packed in its own juice or water
- _____ Frozen fruit, no sugar added (peaches, strawberries, blueberries, raspberries)
- _____ Fruit Juice
- _____ Other Fruits:

Tip: Go to your local farmers market for the best fruits and vegetables ... they taste better and you support your local farmers!

Lean Meats, Fish, Poultry

- _____ Beef Lean: tenderloin, sirloin, filet, top round, flank steak
- _____ Pork Lean Cuts: tenderloin roasts or butterfly pork chops
- _____ Fish Fresh/Seafood: sea bass, tuna, swordfish, halibut, tilapia, trout, sole, shrimp
- _____ Chicken, Turkey, and Poultry: breasts and thighs (boneless/ skinless), filets, tenderloin
- _____ Ground Meats: Round steak, sirloin, Piedmontese beef, veal, pork loin, turkey, chicken, venison
- _____ Other Meats:

Tip: Look for organic, grass-fed beef if possible. Not only is it lower in saturated fat and higher in Omega-3 fatty acids, the cows are not fed antibiotics or hormones that normal beef is.

Tip: Piedmontese beef is a special type of beef from Italy that is actually leaner and lower in fat than chicken!

Milk Products, Cheese, and Eggs

- _____ Yogurt, low-fat or nonfat, plain or with fruit
- _____ Milk ½% or skim
- _____ Cheeses, Part-Skim, skim milk or low-fat (50% fat or less per serving)
- _____ Cottage cheese (nonfat or lowfat)
- _____ Sour cream, low-fat or nonfat
- _____ Cream cheese, low-fat or fat free
- _____ Eggs
- _____ Other Dairy:

Tip: Part skim string cheese is a great, healthy snack.

Tip: Substitute 2 egg whites for every whole egg and you will cut out most of the fat and cholesterol.

Canned Goods

- _____ Tuna
- _____ Chicken breast
- _____ Black beans
- _____ Kidney beans
- _____ Garbanzo beans or chickpeas
- _____ Lima beans
- _____ Mexican corn
- _____ Broth - chicken, vegetables and beef
- _____ Broth based soups
- _____ Other canned goods:

Tip: Always choose low sodium broths and canned goods when available.

Tip: Rinse canned tuna and chicken with water and drain to remove some of the salt.

Frozen, Convenience, and Snack Foods

- _____ Nuts: All varieties - raw, roasted, shelled or unshelled. Avoid roasted in oil and salted.
- _____ Non-fat frozen yogurt
- _____ Lowfat popcorn (If microwave, 1-2 grams fat per serving)
- _____ Whole grain pretzels
- _____ Rice or corn cakes
- _____ Low-fat cookies (graham or animal crackers, vanilla wafers, ginger snaps)
- _____ Whole wheat crackers
- _____ Low-fat granola or breakfast bars
- _____ Whole grain bread sticks
- _____ Pita chips
- _____ Hummus
- _____ Bottled waters or sparkling water in glass bottles
- _____ Tea, varieties for iced, or hot tea
- _____ Other snack foods:

Tip: Choose snacks with whole grains, low sugar, and a very minimal amount of processed ingredients.

Sauces, Condiments, and Oils

- _____ Bar-B-Q sauce
- _____ Broth (chicken, beef, and vegetable)
- _____ Pickles
- _____ Salad dressings and mayonnaise (low-fat or nonfat)
- _____ Low sodium Soy sauce
- _____ Salsas and Pica de Gallo
- _____ Spaghetti and pasta sauces (tomato-based, not cream-based white sauces)
- _____ Mustard - all varieties
- _____ Taco Sauce
- _____ Teriyaki sauce and marinade
- _____ Worcestershire sauce
- _____ Oils: olive, canola, sesame, peanut
- _____ Olive oil and vegetable oil spray
- _____ Vinegars: white, white wine, red wine, rice, apple cider
- _____ Other sauces:

Tip: Substitute fat free cooking sprays and low sodium chicken broth for oil when cooking.

Herbs, Seasonings and Spices

- _____ Herbs: basil, cilantro, dill, garlic, oregano, mint, basil, rosemary, thyme, marjoram, tarragon
- _____ Seasonings: garlic, curries, onion powder, cumin, mustard powders, salt-free poultry seasoning, cayenne, black, or red pepper
- _____ Spices: All spice, cardamom, cinnamon, ginger, nutmeg, saffron, sage
- _____ Other herbs and seasonings:

Tip: Try growing your own fresh herbs either outside or on a windowsill.

Beverages

- _____ No-calorie drink mixes

