

Kitchen Basics

For efficient meal preparation, keep your kitchen pantry, refrigerator, or freezer stocked with these healthy food basics:

- Bouillon cubes, *low-sodium*
- Beans, *low-sodium*
- Cereal, *whole-grain, low-sugar*
- Corn, *frozen*
- Flour, *whole-wheat*
- Honey
- Jam or jelly, *low-sugar*
- Ketchup
- Lemon juice
- Margarine, *trans fat-free*
- Mayonnaise, *light or fat-free*
- Nut butter, *almond, peanut*
- Nuts, *almonds, walnuts, cashews*
- Oil, *canola, olive, vegetable*
- Pasta, *whole-grain*
- Peas, *frozen*
- Rice, *brown*
- Salad dressing, *low-fat or fat-free*
- Salsa
- Seeds, *sunflower, sesame*
- Soup stock or broth, *low-sodium*
- Soy sauce, *low-sodium*
- Sugar substitute
- Syrup, *sugar-free*
- Tortillas, *whole-grain, high fiber*
- Tortilla chips, *baked*
- Fruits & veggies, *choose what you like*