

WHAT'S IN YOUR KITCHEN?

Healthy eating starts with what you keep on hand.



#MSBITES

FRUITS AND VEGETABLES

Fresh:

- A variety of **vibrantly colored** fruits and vegetables, such as spinach, tomatoes, carrots, berries, oranges, peaches, leafy greens, bell peppers, broccoli, squash, yams, plums, beets, mango, pumpkin and peas
- **Easy-to-grab** snacks, such as baby carrots, broccoli florets, cherry tomatoes, sugar snap peas, grapes, sliced melon, apples, bananas and oranges

Canned, dried and frozen fruit:

- Canned fruit packed in water, juice or light syrup 100% fruit juice with no added sugars, no more than 120 calories per 8 fl oz
- Dried fruits, such as prunes, dates, apricots or raisins without added sugars
- Unsweetened frozen fruit to use in smoothies and yogurt parfaits or add to oatmeal

Canned and frozen vegetables:

- Canned vegetables (choose the product with the least amount of sodium you can find), drain and rinse with water before use
- Look for **"No-Added-Salt"** on the label
- Frozen vegetables (choose the product with the least amount of sodium you can find).

GRAIN PRODUCTS

- Whole-grain breads, cereals, pasta and crackers (look for whole grain, such as whole wheat, whole oats or cornmeal and dietary fiber at least 10% Daily Value) .
- Whole-wheat flour (substitute for half or more of the white flour in recipes)
- Other whole grains, such as oats, brown rice, barley, quinoa, millet, amaranth and bulgur

FATS AND OILS

- Oils higher in unsaturated fats and low in saturated fats, such as olive, canola, peanut, safflower, soybean, corn, sesame and walnut oils
- Soft margarines that contain "0 grams trans fat" and list a vegetable oil or water as the first ingredient

Omega 3 Fatty Acid Rich Foods

- Seafood including salmon, lake trout, mackerel, sardines, albacore tuna
- Walnuts
- Flaxseed
- Canola oil
- Soybeans
- Omega-3 fortified foods



LEAN PROTEIN FOODS

- Tofu and tempeh
- Fish fillets or steaks, such as salmon, tilapia, cod, halibut and trout (be aware that breading and sauces may add extra calories and sodium)
- Cans or pouches of tuna, salmon or chicken, drained
- Skinless chicken or turkey breasts
- Dried beans, peas and lentils
- Canned beans (choose the product with the least amount of sodium you can find), drain and rinse with water before use
- Extra-lean cuts of beef and pork (cuts with "loin" and "round" in the name)
- Ground beef or poultry labeled "extra lean"
- Extra-lean deli meats (choose the product with the least amount of sodium you can find)
- Nuts, such as almonds, hazelnuts, peanuts, pecans, pistachios, walnuts and cashews and pecans (unsalted or with no more than 140 mg of sodium per label serving)
- Nut butters with no partially hydrogenated oils, no added sugar and with the least amount of sodium you can find.
- Seeds, such as pumpkin seeds, sunflower seeds and chia seeds

DAIRY, DAIRY ALTERNATIVES AND EGGS

- Fat-free (skim) or low-fat (1%) milk
- **Calcium fortified** milk alternatives (soy, almond) Low-fat or nonfat yogurt with no more than 20 g of total sugars per 6 oz serving. Greek yogurt has more protein than other yogurts.
- Eggs

