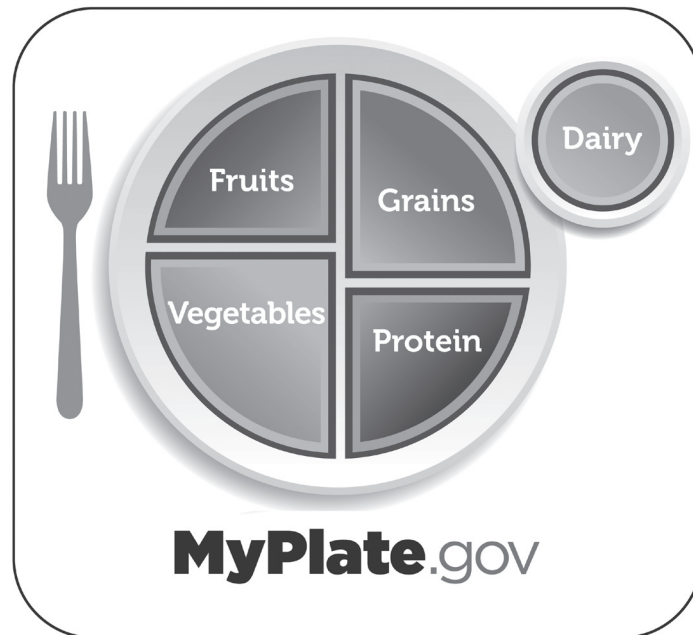


Make Your Plate a Healthy Plate!

Use this guide to stock your kitchen for easy and healthy meals



Grains

- Brown rice
- Bulgur or whole-grain barley
- Whole-grain bagels
- Whole-wheat pasta
- Whole-wheat breads, English muffins, pita
- Corn, whole-wheat flour tortillas
- Plain oatmeal
- Whole-grain cereals

Dairy

- Yogurt
- Cheese
- Cottage cheese
- Milk or calcium-fortified soy milk

Vegetables*

- Canned and frozen vegetables
- Canned tomatoes
- Pasta sauce
- Tomato sauce
- Tomato paste

* Reduce sodium by choosing no- or low-sodium options

Fruits

- Frozen fruit
- Canned fruit in natural juice
- Dried fruit

Protein

- Fish
- Canned and dried beans
- Canned tuna in water
- Chicken, turkey, lean beef or pork
- Peanut butter
- Tofu
- Hummus (chickpea spread)

Additional foods

- Seasonings like herbs and spices
- Canned soups
- Flavored vinegars
- Chicken, beef, vegetable broths (low-sodium)
- Canola or olive oil