

## Keeping Healthy Foods in your Pantry

You may have made 2016 as the year to eat healthier and to eat more meals at home. Home cooked meals can save you money and save calories as well. Having healthy options at home is essential for managing your weight. Keep the on hand these smart choices as suggested by The Mayo Clinic don't have to be expensive and you don't have to be a master chef to prepare food that is good for you.

### **Protein** – Choose lean

- Low-fat refried beans
- Black, kidney or navy beans
- Low-sodium tuna packed in water
- Other fish with omega 3 fatty acids
- Skinless white-meat poultry
- Tofu
- Lean red beef – ground, roasts, loins
- Dry-roasted nuts
- Individually frozen skinless chicken breast
- Individually frozen salmon or other fish.
- Frozen shrimp or scallops
- Frozen vegetable burgers
- Eggs

### **Whole grains** – Choose whole grain with at least 3 or more grams of fiber per serving

- Whole-grain breakfast cereals
- Rice: brown, regular or instant, wild or blends
- Oatmeal
- Whole-grain bread
- Whole-grain pita bread
- Whole-grain pasta
- Whole-grain crackers
- Low-fat microwave popcorn
- Tortillas

### **Dairy** – Choose fat-free or low fat. Dairy is important for calcium to make bones and teeth strong.

- Fat-free or 1 percent milk
- Low-fat or fat-free yogurt
- Low-fat or fat-free cheese
- Frozen yogurt or fruit sorbet

### **Fruits and Vegetables**

- Fresh or frozen fruits and vegetables
- Pre-cut fresh vegetables
- Salad in a bag
- Canned fruits packed in water or their own juice
- Dried fruit
- Low sodium, low-fat pasta or pizza with tomato sauces
- Canned diced tomatoes
- 100 percent fruit juice including calcium-fortified (limit juice intake to 4 ounces a day)

### **Cooking Staples**

- Onions and garlic
- Olive oil
- Canola oil
- Red wine and/or balsamic vinegar
- Fat-free cooking spray