



# Stocking A Healthy Kitchen

**Having a well-stocked supply of healthy, shelf-stable food options is a great way to ensure that you can come up with balanced meals and snacks on short notice. Here are a few tips for getting started.**

## **Beware of added sugar**

Many shelf-stable goods, such as sauces, canned fruits and condiments, contain hidden sugars. A diet with too much added sugar may lead to weight issues, diabetes and obesity. It's good to know many different names under which added sugar may appear on an ingredient list, including brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar and sucrose.

## **Limit sodium**

According to the CDC, most of the sodium Americans consume comes from packaged, processed and store-bought foods. In 2015–2020 Dietary Guidelines for Americans and American Heart Association (AHA) recommends limiting sodium intake to no more than 2,300mg. per day, with an idea limit of 1,500mg. When choosing pantry items, be sure to consider their sodium content, and how much it can add up when you combine multiple ingredients.

**It's a good idea to keep your kitchen stocked with at least three days' worth of food and water in case of an emergency that prevents you from leaving the house.**

## **Stock Up!**

### **Nuts, Seeds and Nut Butter**

- Almonds, pecans, walnuts, pistachios, pepitas, cashews
- Flaxseeds, chia seeds
- Natural peanut, almond or sunflower butter

### **Whole Grains**

- Brown rice
- Quinoa
- Whole grain pasta or noodles
- Oats
- Whole-grain cereal (hot or cold)
- Popcorn kernels

### **Dried Beans and Legumes**

- Black, pinto or navy beans
- Lentils
- Dried chickpeas



## Whole Grains

- Whole grain crackers
- Rick cakes
- Pretzels
- Jarred salsa
- Trail mix

## Canned Goods

- Tuna
- Diced tomatoes (no salt added)
- Beans
- Corn
- Low-sodium soups
- Broth or stock
- Canned fruits and vegetables (no salt added)
- Olives

## Heart-health Oils

- Olive, canola, avocado or walnut oil

## Baking Needs

- Whole wheat flour
- Baking soda and baking powder
- Salt
- Cinnamon
- Vanilla extract
- Whole-wheat pancake mix

## Refrigerated Items

- Eggs
- Milk or milk alternatives (e.g., soy, almond)
- Hard cheeses
- Fresh produce, such as berries, cucumbers, lettuce, or carrots
- Corn or whole wheat tortillas
- Whole grain bread (lasts longer in the refrigerator)

## Frozen Goods

- Frozen berries
- Frozen vegetables, such as green beans or stir fry mixes
- Frozen lean meats, such as turkey or chicken
- Veggie burgers
- Frozen pre-cooked whole grains, such as rice or quinoa
- Frozen peas or corn

## Other Helpful, Healthy Items

- Unsweetened dried fruits
- Low-sugar granola bars
- Low-sodium pasta sauce
- Vinegar
- Condiments
- Spices
- Salad dressing

### Sources:

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