



Tips for Stocking Up Your Pantry

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Now is the time to make sure your pantry is well stocked.

Because you may be preparing to stay home more than usual, it's important to have healthful foods on hand. It also means shopping for food that will last for an extended period of time — about two weeks' worth for those who are quarantined.

- A [list of foods](#) to keep in mind when making your list.
- Some [pantry recipes](#)
- A great article from [CookSmart](#) that provides a wealth of information

Here are some more ideas on stocking a healthy pantry!

Stock A Healthy Kitchen!

Healthy eating starts with what you put in your shopping cart. And every bite you take is an opportunity to promote your health! A combination of foods consumed as part of a mostly plant diet help to maintain healthy cells and support immunity. *Your body prefers to get nutrients from foods.* Aim to give your body the fuel it needs each day. Keep these foods on hand for fast meals on busy nights.

Fruits and Vegetables

Fresh:

- 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:

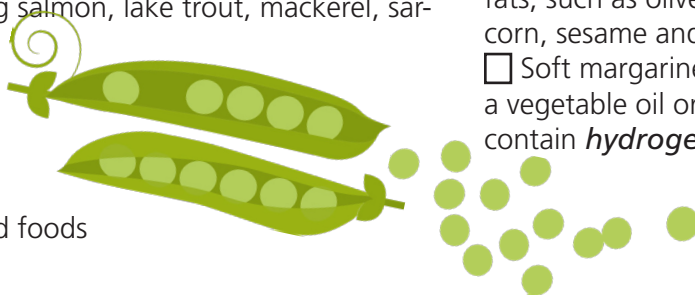
- Canned vegetables (choose the product with the least amount of sodium you can find), drain and rinse with water before use
- Look for "No-Added-Salt" on the label
- Plain Frozen vegetables without sauces (choose the product with the least amount of sodium you can find)

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

Omega 3 Fatty Acid Rich Foods

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



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, lowest sodium product you can find
- 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"
- Skinless chicken breasts
- 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 flax seeds and chia seeds

Dairy, Dairy Alternative and Eggs

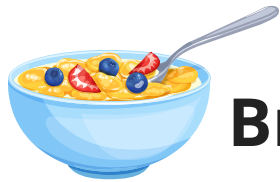
- Fat-free (skim) or low-fat (1%) milk
- Calcium fortified milk alternatives (soy, almond...)
- Low-fat or nonfat yogurt with no more than 20g of **total sugars** per 6 oz serving. Greek yogurt has more protein than other yogurts.
- Eggs

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", list a vegetable oil or water as the first ingredient, do not contain *hydrogenated oils*.



Need some Meal Ideas?



Breakfast

- Day 1:** Choose a high-fiber cereal for breakfast. Look for one with at least 5 grams of fiber per serving (like bran flakes, shredded wheat, raisin bran, Grape Nuts, All Bran, oatmeal).
- Day 2:** Enjoy Greek yogurt and fruit to start your day.
- Day 3:** Try whole wheat toast with nut butter and a sliced apple.
- Day 4:** Make a bowl of oatmeal with raisins and top with skim milk.
- Day 5:** Add a sliced medium banana to your high fiber cereal.
- Day 6:** Mix 1/4 cup dry oatmeal with 1/2 cup nonfat plain yogurt and some fruit, such as berries. Stir and enjoy.
- Day 7:** Enjoy cereal and then grab an orange to go as a mid-morning pick-me-up.

Lunch



- Day 1:** Have a cup of black bean soup for lunch with whole grain crackers.
- Day 2:** Mix together cooked quinoa, white beans, chopped bell pepper, carrots and broccoli to make a grain salad. Toss with a light dressing and garnish with toasted nuts or seeds.
- Day 3:** Enjoy a large green salad with vegetables and chick peas and a whole wheat roll.
- Day 4:** Bake a sweet potato and enjoy with a large mixed vegetable salad.
- Day 5:** Try a hard boiled egg with a piece of fruit, string cheese, some carrot sticks and a few whole grain crackers.
- Day 6:** Try a tuna or salmon salad on one slice of whole grain bread with a side of carrots.
- Day 7:** Eat a leftover rice dish such as lentils and rice, broccoli stir-fry or chicken with rice.



Supper

- Day 1:** Try chicken tacos. Shred some rotisserie chicken; mix with black beans, tomatoes, lettuce and fresh cilantro. Spoon into a whole-wheat tortilla. Top with salsa and nonfat plain Greek yogurt.
- Day 2:** Scrambled eggs with onions, bell peppers, spinach. Serve with a slice of whole grain toast.
- Day 3:** Grill fish and serve with brown rice and fresh veggies.
- Day 4:** Warm up a cup of turkey chili with beans. Add a side salad to complete the meal.
- Day 5:** Serve stir-fried veggies and chicken over brown rice. Or experiment with tofu or tempeh instead of chicken!
- Day 6:** Make a delicious pasta dish with fresh vegetables.
- Day 7:** A Big Salad! Chop your favorite vegetables and serve over a bed of dark leafy greens. Add some rotisserie chicken, low fat cottage cheese, toasted nuts.

Do you like Greek yogurt?

If so, use it as a base for a thick spread, creamy dip, or baked potato topper. It is low in fat, yet high in protein and calcium. For the least amount of fat, use low fat or fat free yogurt and flavor it in a variety of ways by blending it with:

- Apricot (or other) preserves and chopped nuts
- Make a yogurt parfait layering it with your favorite cereal sliced fruit & nuts
- Crumbled blue cheese and grated apple or pear
- Salmon and chopped green onion Horseradish and lemon zest
- Frozen chopped spinach (thawed and squeezed to remove liquid) and pesto
- Mashed berries and honey
- Fresh or dried herbs or spices
- Cinnamon, pumpkin spice, nuts and dark chocolate
- Salsa, avocado and pumpkin seeds