



University of Nevada
Cooperative Extension

Building a Healthy Kitchen

Below are lists of foods that you can keep on hand to help you plan a healthy diet.

In The Refrigerator:

Dairy:

- Low-fat (1%) or fat-free (skim) milk
- Low-fat or fat-free cottage cheese
- Low-fat or fat-free yogurt
- Cheeses* (Better choices include string, mozzarella, parmesan and reduced fat cheeses. Look for no more than 5 grams of fat per ounce.)

Fruits/Vegetables:

- Assorted raw vegetables prepared for snacking and/or stir fry (for example, cauliflower or broccoli flowerets, celery sticks, bell pepper strips, mini-carrots, etc.)
- Salad greens (Better choices include dark, leafy varieties such as romaine, butter or red leaf lettuce and spinach.)
- Fresh fruits

Main Dish Ideas:

- Beef or pork (Choose round or loin for leaner cuts. Trim all fat and keep portions small.)
- Poultry, skinless (Keep portions small.)
- Seafood
- Low-fat luncheon meats (Better choices provide no more than 3 grams of fat per 1 ounce serving.)
- Eggs (Better choices include egg substitutes or substitute 2 egg whites for 1 whole egg.)

Condiments:

- Salad dressing (Better choices include reduced-fat, light, low-calorie or fat-free.)
- Mayonnaise (Better choices include reduced-fat, light or fat-free.)
- Mustard* (Add variety with specialty mustards.)
- Salsa*
- Pickles*
- Low-sugar jams

* May not be appropriate for those following a low-sodium diet.

In The Freezer:

Main Dish Ideas:

- Frozen dinners (Better choices provide no more than 10 grams of fat and 800 milligrams sodium.)
- Lean beef/pork†
- Poultry† (For ease of use, remove skin before freezing.)
- Seafood†
- Soups (Choose those providing no more than 3 grams of fat per 100 calories. To decrease percent of fat and increase nutrient value, add noodles, rice, cooked beans and/or vegetables.)

Breads:

- Frozen rolls/specialty breads (bagels, English muffins, low-fat muffins)
- Angel food cake (high in sugar)

Fruits/vegetables:

- Vegetables (Keep a variety on hand and purchase vegetables in plastic bags so you can mix or match for stir fry, soups and side dishes, using just the quantity you need.)
- Berries, unsweetened

Frozen Desserts: (Most are high in sugar.)

- Ice milk or low-fat or fat-free frozen yogurt
- Sherbet/sorbet
- Fudge bars (Look for no more the 3 grams of fat per serving.)

† Packaged to yield individual portions.

In the Cupboard:

Staples:

- Salt* and pepper
- Herbs/spices
- Tea/Coffee (regular or decaf)
- Flour
- Baking soda*
- Baking powder*
- Vinegar (Wine or specialty vinegars add flavor and variety without adding fat or calories.)
- Oil (Better choices include olive and canola.)
- Onions
- Potatoes

Soups/Sauces:

- Worcestershire
- Soy*
- Teriyaki*
- Barbecue*
- Catsup*
- Tomato/marinara/spaghetti*
- Beef/chicken bouillon*
- Canned chicken/beef stock, low-fat, low-sodium
- Canned soups, tomato or broth-based (Better choices state *low sodium* on the label.)

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In the cupboard continued:

Breads:

*Better choices include those with the word **whole** listed **first** in the ingredient list, and provide no more than 3 grams of fat per 100 calories.*

- Breads/dinner rolls
- Bagels
- Pita bread
- Pancake mix

Cereals:

Better choices provide five grams or more of fiber and contain the least amount of sugar per serving.

- Oatmeal
- Wheatena®
- Zoom®
- Cold cereals

Fruits/Vegetables:

- Vegetable/tomato juice*
- Vegetables, canned* (Rinse before using to reduce sodium or select no added salt versions.)
- Fruits canned in juice or water
- Dried fruits

Rice, Noodles, & Pastas:

Keep an assortment of shapes and colors on hand to add variety. Select whole grain varieties often such as brown rice and whole wheat pasta.

Main Dish Ideas:

- Canned tuna* or salmon*, packed in water
- Dried beans/peas
- Canned beans
- Refried beans, fat-free

Crunchable Munchables:

- Graham crackers
- Pretzels, unsalted
- Popcorn, air-popped or low-fat microwavable
- Crackers (Choose those providing no more than 3 grams of fat per 100 calories.)
- Low-fat cookies (Better choices include vanilla wafers, gingersnaps, animal crackers or fig bars.)

Miscellaneous:

- Peanut butter (Better choices include those without added oil/shortening or sugar.)

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