



SUPERFOODS

- Is a popular term used by some people to describe foods that may have more significant health benefits than other types of foods, because of their natural ingredients (no processing required).

- The following foods pack a powerful punch of good nutrition:

- Beans
- Blueberries
- Broccoli
- Oats
- Oranges
- Pumpkin
- Salmon
- Spinach
- Tomatoes
- Walnuts

Other super foods include:

- Flaxseeds
- Broccoli
- Cabbage
- Brussels sprouts
- Citrus fruits
- Yogurt
- Soy
- sweet potatoes
- Green tea
- Turkey



- It is the total diet or overall eating pattern that is most important in disease prevention.

REFRIGERATOR AND PANTRY LIST FOR HEALTHY EATING

WHAT SHOULD BE IN YOUR REFRIGERATOR?

BEVERAGES:

- Low calorie (less than 10 calories per serving)
- Fat free or 1% milk
- V-8 vegetable juice

CHEESE:

- Hard cheeses –like parmesan and feta
- Part skim mozzarella
- Reduced fat cheddar
- Snack size cheese (ex-string cheese)
- 1% or 2% cottage cheese

DAIRY:

- Light flavored and plain, low fat yogurt
- Low fat and or low sugar ice cream or frozen yogurt

FRUITS

- Any type

VEGETABLES:

- Baby carrots
- Bagged lettuce
- Broccoli florets/cauliflower
- Frozen broccoli and cheese
- Celery, cucumber slices
- Grape tomatoes
- Frozen mixed vegetables
- Mushrooms, onions, and peppers

LEAN PROTEIN

Ground turkey, ground beef (90% lean)

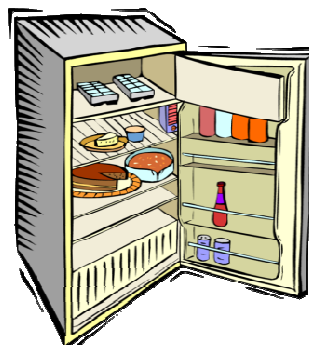
- pre cooked sliced skinless chicken breast
- Shrimp
- Eggs
- Eggs/egg whites
- Deli meat
- Soy/garden burgers, soy nuggets
- Veggie corn dogs, low fat hot dogs
- Turkey pepperoni
- Hummus
- Frozen soybeans (edamame)
- Applegate organics turkey burgers

OTHER

- Skillet meals or meal starters
- Whole grain waffles
- Frozen fruit bars

CONDIMENTS:

- Flavored or regular light mayonnaise
- Ketchup and BBQ sauce
- Mustards
- Pesto
- Salsa
- Reduced fat sour cream
- Light chocolate or light pancake syrup



WHAT SHOULD BE IN YOUR PANTRY?

BREAKFAST FOODS

- Low sugar cereal-less than 8 grams sugar per serving
- Steel cut oatmeal
- Quaker old fashioned oatmeal not instant
- Pancake mix whole wheat or whole grain

BREADS AND GRAINS

- 100% whole wheat bread
- Whole wheat English muffins
- Whole wheat pita bread
- Whole wheat tortillas
- Brown rice
- Whole wheat couscous
- Whole grain or high protein pasta in various shapes and sizes
- Annie's macaroni and cheese varieties

CANNED FOODS

- Artichoke hearts
- Beans
- Green chilies
- Olives
- Tomatoes
- Water chestnuts
- Broth or stock
- Soup
- Chicken/tuna/salmon
- Fruit in its own juice and not syrup

OILS

- Cold pressed canola or extra virgin olive oil
- Cooking spray
- Salad dressings such as light, reduced fat or healthy oil based dressings

REDUCED SAUCES

- Reduced sodium soy and teriyaki
- Spaghetti and pizza

SNACKS

- Whole grain crackers
- Fig Newton's
- Graham crackers
- Nuts
- Dried fruit such as raisins, cranberries, cherries and apples
- Natural peanut butter
- Pretzels
- Popcorn
- Sugar free pudding and jello

If you are on a sodium restricted diet, avoid products with high sodium or purchase the low sodium, reduced sodium or no added salt brand.

