

Shopping List for a Healthy Kitchen

Let's face it; trying to feed your family nutritious and healthy meals while juggling sports, homework, and a job can be a difficult. One of the best tools is a well-stocked kitchen. It's much easier to make healthier choices when you get organized and plan ahead.

Here are basics for your refrigerator.

- Fresh and frozen vegetables
- Fresh and juice-packed fruits
- Whole-grain breads and tortillas
- Whole-grain cereals and oatmeal
- Whole-wheat pasta, brown rice pasta and yolkless noodles
- Chicken breasts
- Ground white-meat turkey
- Water-packed tuna
- Nonfat yogurt and milk
- Low-fat cheese
- Natural peanut butter or almond butter; all-fruit jelly
- Eggs
- Plain cereal, such as old-fashioned oatmeal, oat bran, bran flakes, or whole grain cheerios

Here are the basics for your pantry.

- Bow ties, angel hair, spaghetti, lasagna, shells, and elbow
- Varieties of rice including arborio, basmati, brown, long grain, wild
- Black beans
- Kidney beans
- Lentils
- Chickpeas
- Vegetarian refried beans



Spice It Up!

Healthy doesn't have to mean boring. Add these to a dish for instant flavor:

- Allspice, nutmeg, cinnamon, and cloves are great in oatmeal and other hot cereals.
- Basil, 1 bay leaf, parsley, and oregano can be added to tomato sauce for a pasta dish.
- Chili powder, cumin and garlic powder can turn ground turkey into a tasty taco filling.
- Add some sprigs of dill and lemon juice to chicken breasts when you're baking.

Remember: If you stock a healthy kitchen, your children will eat it. If there aren't any sweets or junk food your child won't have the chance to snack on them.