

What is in your kitchen pantry and refrigerator?

Having high calorie, low nutrition food and snacks available at home sabotages healthy eating habits. Use this list to help you to plan healthy meals and snacks for your family when you go grocery shopping:

These items belong in a healthy kitchen:

Breakfast

- ♦ Low sugar /whole grain cereals
- ♦ Low fat/ reduced sugar yogurt
- ♦ Skim milk
- ♦ Reduced sugar juices/100% juice

Lunch

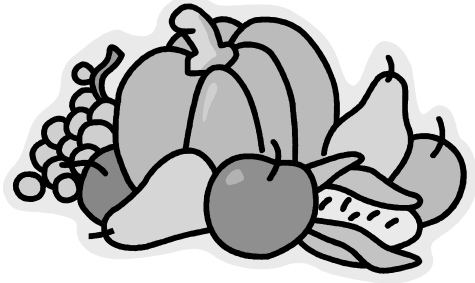
- ♦ Low fat lunchmeats and cheeses
- ♦ Fiber rich bread
- ♦ Variety of fresh fruit
- ♦ Raw vegetables (carrot sticks, cherry tomatoes, snap peas, red and green peppers)
- ♦ Pretzels and whole grain crackers
- ♦ Skim milk

Dinner

- ♦ Lean meat
- ♦ Fresh, frozen or canned vegetables
- ♦ Lettuce and other fresh vegetables for salad
- ♦ Whole grain pasta/rice
- ♦ Skim milk

Snacks

- ♦ Variety of fresh fruit
- ♦ Raw vegetables (carrot sticks, cherry tomatoes, snap peas, red and green peppers)
- ♦ Low fat/ reduced sugar yogurt
- ♦ Low fat/ reduced sugar granola bars
- ♦ Pretzels, popcorn (plain or lite butter flavor) and whole grain crackers



These items DON'T belong in a healthy kitchen:

- ♦ Fatty meats and cheeses
- ♦ Frozen pizza and other high fat frozen snacks and meals
- ♦ Whole milk
- ♦ Fruit juices with high fructose corn syrup
- ♦ High sugar cereals and granola bars
- ♦ Cookies, cakes and other baked sweets
- ♦ Candy
- ♦ Fruit snacks (choose real fruit instead)
- ♦ Ice cream
- ♦ Chips
- ♦ Soda pop (choose water or sugar free flavored water instead)

High calorie sweetened beverages such as soda pop, high sugar fruit flavored juices, sports drinks, Kool Aide etc. provide little or no nutritional value and excess consumption is highly correlated to childhood obesity.



***Think fruits, vegetables and whole grains!
Save sweet treats for special occasions like birthdays and holidays!***