HEALTHY FOODS INVENTORY

VEGETABLES:
Avocado
Bell peppers, red
Bell peppers, green
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Chiles: jalapeno, Anaheim
Cilantro
Cucumbers
Eggplant
Garlic
Green beans
Herbs
Leeks
Lettuce
Lima beans
Kale, collards
Mushrooms
Onions, green
Onions, bulb
Parsley
Peas
Rutabagas
Salad, ready to eat
Spinach
Squash, winter
Squash, summer
Tomatoes
Turnips

FRUITS:
Apples
Apricots fresh/dried
Bananas
Blackberries
Blueberries
Cantaloupe
Grapefruit
Dates
Figs
Grapes, fresh or raisins
Lemons
Limes
Kiwi
Mango
Melons
Plums, fresh or prunes
Pomegranates
Raspberries
Strawberries

GRAINS / STARCHES:
Bagels, whole grain
Barley
Bread, 100% whole wheat, rye, or multigrain
Bulgur or cracked wheat
Corn
Corn meal
Corn tortillas
Couscous
Crackers, whole grain
Dry cereal or hot cereal (>3g fiber, >3g protein, <10g sugar per serving)
English muffins
Flour
Flour tortillas
Granola bar
Grits
Homingy
Pita bread, whole grain
Pizza bread
Polenta
Potatoes, red, russet
Potatoes, sweet or yams
Pasta – whole wheat spaghetti, macaroni, penne
Rice, brown, white, basmati
Rice, instant brown
Rolls
Rye or wheat berries
Quinoa
Spelt

PROTEIN: MEAT / BEANS / POULTRY / FISH / NUTS/ SEEDS:
Almonds
Amaranth
Beans – black, cannellini, garbanzo, kidney, lentils, pinto
Beef – sirloin, lean hamburger
Peanuts
Pecans
Pine nuts
Pork – sirloin, roast, ham
Protein Bars
Scallops
Shrimp
Soy nuts
Split peas, dried
Tofu
Turkey – breast or ground
Walnuts
Chia & flax seeds

DAIRY / DAIRY ALTERNATIVE:
Cheese – mozzarella, Jarlsberg, Swiss, low fat cheddar, parmesan, provolone, lowfat feta & cojita
Milk, skim or 1%
Orange juice, fortified Calcium
Rice milk, fortified Vits. A and D
Ricotta cheese, nonfat
Soy milk, fortified Vits. A and D
Yogurt, nonfat or lowfat plain

CANNED GOODS:
Apple sauce
Beans, all varieties
Chopped green chilies
Chicken or beef broth
Fruits in their own juice
Olives
Soups
Spaghetti sauce
Tomatoes, diced & sauce
Vegetable juices
Vegetables that you like

FROZEN ITEMS:
Fruit, like blueberries, strawberries, peaches
Vegetables, cut up in bags
Entrees ready to eat (read labels)
Vegetable burgers
Bread and pizza crusts

MISCELLANEOUS:
Jams and jellies
Honey
Catsup
Mustard
Salsa
Lite salad dressings
Vinegars
Soy sauce, lite

* Use this list to help you plan meals and create a shopping list.

* Experiment with new grains and vegetables.

* Keep healthy ingredients on hand so you can make meals and snacks at home and not have to eat out.