

5 smart ways to Stock a Nutrient-Rich Pantry

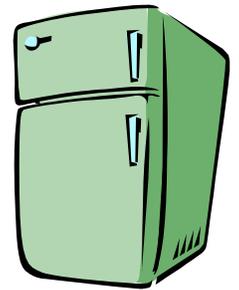
Do you want to enjoy healthy eating? Start in your own kitchen! If you keep nutrient-rich foods and drinks on hand, it is easier to put tasty, healthy meals on the table. Here are some tasty ways to do just that! And, it won't cost a lot.

1. Keep plenty of whole grains in the cupboard.

Choose foods that say "100% whole grain" or foods that list a whole grain as the first ingredient on the Nutrition Facts panel. Go beyond whole-grain breads and rolls! Shop for sales on whole-grain cereals, oatmeal and brown rice. Buying in bulk and on sale are good ways to add whole-grain pasta, barley and other grains to your diet. Look for recipes on www.wholegrainscouncil.org.

2. Vary the vegetables in the fridge and freezer.

In some seasons, fresh vegetables can be hard to find or they may cost a lot. Frozen and canned are great options. For example, buy a large bag of frozen broccoli. Take out just enough for your meal. Then reseal the bag and put it back in the freezer. For more veggie tips and recipes, go to www.fruitsandveggiesmorematters.org.



3. Focus on the fruits on all the shelves.

Like veggies, fruits come in a variety of forms. You can get fresh, frozen, dried, canned or 100% juice. During winter, look for fruit canned in its own juice, or dried plums and raisins. Fresh apples, pears and citrus fruit can also be a good value at this time of year. Want to get your children excited about colorful fruits and vegetables? Go to www.foodchamps.org.

4. Stock the fridge with calcium-rich foods.

It's super simple to get three dairy servings every day. You could drink a glass of milk with every meal. Not a milk drinker? Yogurt and cheese are other tasty food sources of calcium. Fat-free or low-fat types are the healthiest choices. Need some more recipes ideas? Try www.mealsmatter.org.

5. Go with lean proteins on every shelf.

Lean proteins are a good fit on every shelf in your kitchen. Keep ground beef, fish fillets, chicken breasts, pork loin and beef steak in the fridge or freezer. Stock the cupboard with tuna, beans, peanut butter and nuts. Remember, eggs are a lean protein and a real nutrition bargain! Find recipes and tips at www.incredibleegg.org.