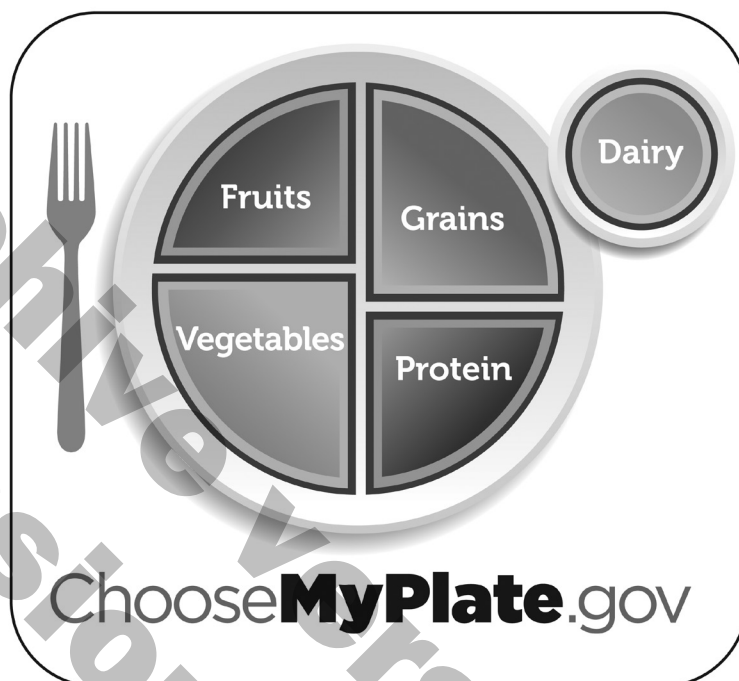


Make your plate a healthy plate!

Use this guide to stock your kitchen for easy and healthy meals



Grains

- Brown rice
- Bulgur or whole-grain barley
- Whole-grain bagels
- Whole-wheat pasta
- Whole-wheat breads, English muffins, pita
- Corn, whole-wheat flour tortillas
- Plain oatmeal
- Whole-grain cereals

Dairy

- Plain low-fat yogurt
- Flavored low-fat yogurt
- Grated low-fat cheese
- Parmesan cheese
- Calcium-fortified soy milk

Vegetables

- Canned (low sodium) and frozen vegetables
- Canned tomatoes
- Pasta sauce (low sodium)
- Tomato sauce
- Tomato paste

Fruits

- Frozen fruit
- Canned fruit in natural juice
- Dried fruit

Oils

- Olive
- Canola
- Corn
- Soybean

Protein

- Fish
- Canned and dried beans
- Canned tuna in water
- Chicken and turkey
- Peanut butter
- Tofu
- Hummus (chickpea spread)

Additional foods

- Seasonings like herbs and spices, salt
- Canned soups (fat-free, low sodium)
- Flavored vinegars
- Chicken, beef, vegetable broths (low sodium)

Looking for information about food, nutrition and health? Go online to missourifamilies.org/.

Some information taken from Cutting Boards (Plastic vs. Wood), Arizona Cooperative Extension, 10/08, <http://cals.arizona.edu/pubs/health/az1076.pdf>. Based on most current USDA, FSIS recommendations.