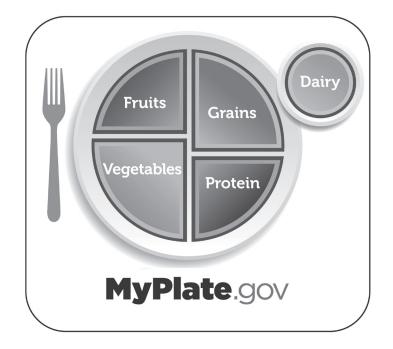
# Make Your Plate a Healthy Plate!

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

- Yogurt
- Cheese
- Cottage cheese
- Milk or calcium-fortified soy milk

## Vegetables\*

- Canned and frozen vegetables
- Canned tomatoes
- Pasta sauce
- Tomato sauce
- Tomato paste

\* Reduce sodium by choosing no- or low-sodium options

## **Fruits**

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

#### Protein

- Fish
- Canned and dried beans
- Canned tuna in water
- Chicken, turkey, lean beef or pork
- Peanut butter
- Tofu
- Hummus (chickpea spread)

## Additional foods

- Seasonings like herbs and spices
- Canned soups
- Flavored vinegars
- Chicken, beef, vegetable broths (low-sodium)
- Canola or olive oil



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