

# A Healthy Pantry Makes Nutritious Choices Quick & Easy!

## Bread Box:

Wheatberry Bread (kept frozen)

Multi-grain Bread (kept frozen)

Tortillas 

Bagels

English Muffins

Muffins (occasionally)

Melba Toast (rye, onion, garlic and sesame)

## Frozen:

Juices (orange & apple)


SINGLE SERVINGS-soups, stews, etc

Low-calorie Entrees

Breads/Tortillas/Pita Bread

Chicken/Fish filets

Grapes

Juice Pops 

Berries (blueberries, raspberries strawberries, blackberries, etc.)

## Spices:

Cinnamon 

Salt/Pepper

Garlic Powder

Onion Flakes

Oregano

Marjoram

Basil

Bouillon Cubes (Beef & Chicken)

Celery Seed

Curry Powder

Chili Con Carne Seasoning

Chinese Five Spice

Cumin

Dill Weed

Ginger (root, powdered, candied)

Thyme Leaves

Nutmeg

Cardamom

Paprika

Rosemary

MANY MORE...

## Condiments:

OIL (olive & vegetable)

Flavored vinegars

Fat-free Mayonnaise & Miracle Whip\*

Ketchup 

Spicy Mustard

Horseradish

Low-calorie Salad Dressings

Olives (green/black)

Pickles

TVP Bacon Bits

Low-sodium Soy Sauce

## Beverages:

Cold filtered WATER!

Mineral Water (lime, lemon)

Diet Pop 

Coffee

Herb Teas

## Think of good food as an investment in your health!

Whenever possible, do not deny yourself "healthy foods" because of the cost. Good eating habits, based on moderation and variety, are like a WARRANTY for your car. They will help ensure you of "many miles" (and years) of smooth running. A HIGH PERFORMANCE "MACHINE" like YOURS needs "high performance" FUEL! You wouldn't put "sand" in your car's gas tank, so why put "poor quality fuel" in YOUR MACHINE?

Out-of-season produce and other healthy food items cost far less than doctor or hospital bills.

## Housewares/ Non foods:

Cheesecloth

Candles

Fresh Flowers

Plastic Containers

Plastic Bags

Paper Sacks

Plastic Wrap

Aluminum Foil

*If you don't take care of your body, where will you live?*