

STOCK YOUR KITCHEN FOR HEALTHIER EATING

10 Must Have Smart Staples



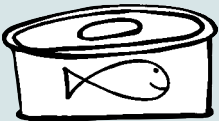
Beans: both canned and dried; beans are an inexpensive source of dietary fiber, B vitamins and antioxidants



Herbs: dried, fresh or frozen, herbs and spices add a depth of flavor without adding calories or sodium



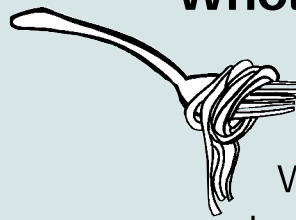
Vinegar: A sodium-free and nearly calorie free way of adding flavor



Canned Salmon & Sardines: Both are inexpensive sources of heart-healthy fats and protein



Whole Grains: Unrefined grains like brown rice, millet, buckwheat, bulgar and quinoa are all candidates for creativity in the kitchen



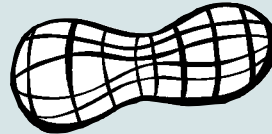
Whole Grain Pasta: Make pasta dinner more nutritious! Keep in mind you want the first ingredient to be 100% whole wheat



Frozen Produce: A fridge full of fresh fruits and veggies isn't always realistic. Frozen produce is a great alternative



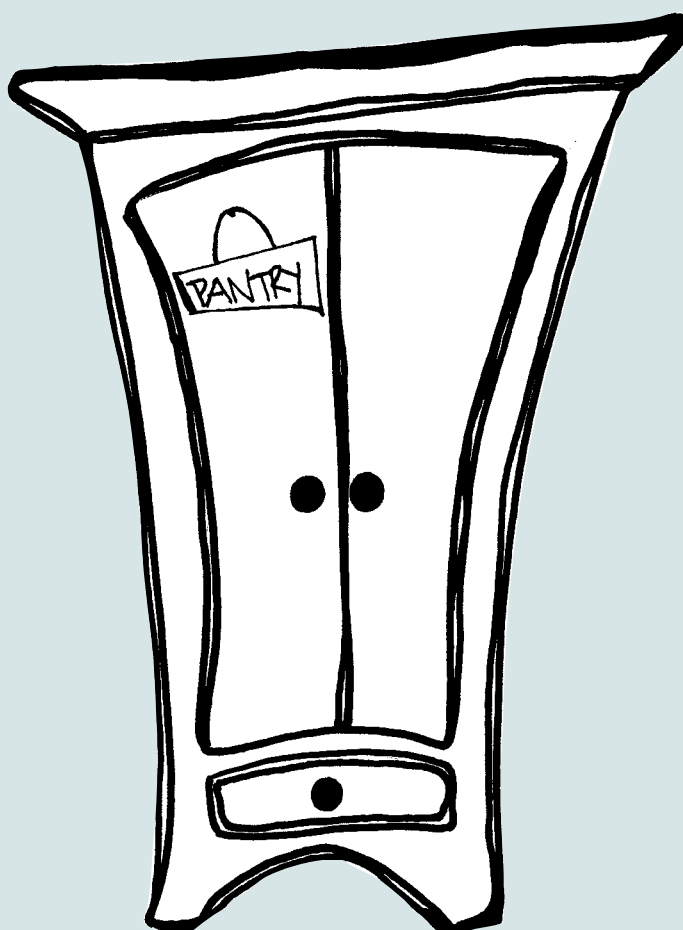
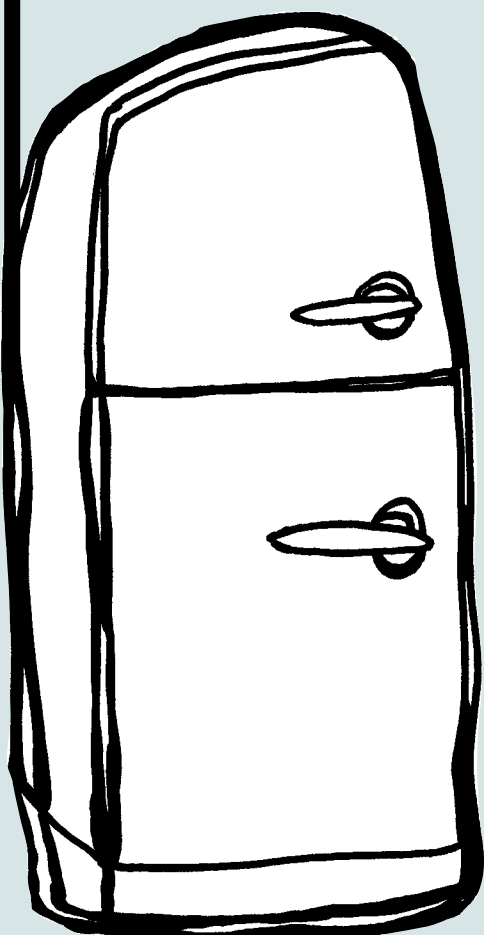
Olive & Canola Oil: Healthy oils are a must have for any kitchen



Nuts: Nuts are a great source of fiber and protein. Keep them around to add to a meal, or to grab as a snack



Eggs: High in protein and nutrients, there are so many things you can do with eggs!




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