

Kitchen Staples Shopping List

Make nutrient-rich choices from all the food groups

Using a staples shopping list to keep a well-stocked and organized kitchen makes it easier to create quick and nutritious meals at home. Even if you aren't a planner, when you have healthy food choices in your kitchen, pantry, fridge and freezer you won't have any problem making healthy food in a hurry. No matter what your food personality is, this list of kitchen staples is a great place to start for healthy eating made easy.



Milk & Milk Products

Milk, low-fat or fat-free
Cheddar and mozzarella cheese
Cottage cheese
Parmesan cheese
Ricotta cheese
String cheese
Yogurt



Vegetables *Choose canned, fresh or frozen*

| | |
|-------------------------------------|-------------------------|
| Broccoli | Mushrooms |
| Carrots | Onions |
| Cauliflower | Peppers |
| Celery | Potato, russet or sweet |
| Corn | Snap peas |
| Green beans | Squash |
| Leafy greens—kale, lettuce, spinach | Tomato |
| | Zucchini |



Fruits

| | |
|---|-----------------------------------|
| Apples | Grapes |
| Banana | Kiwi |
| Berries, blueberries or strawberries | Melons, cantaloupe or watermelon |
| Citrus—grapefruit, lemons, oranges | Pears |
| Dried Fruit—cranberries, dates, raisins | Stone fruit—apricot, peach, plums |
| | Tropical, mango or pineapple |



Grains

Bread, whole-wheat
Cereal (try for one high in fiber)
Crackers
Couscous
Oatmeal
Pasta
Popcorn
Quinoa
Rice, brown or white
Tortillas, corn or whole-grain



Meat & Beans

Beans—black, garbanzo, kidney, pinto, refried
Beef
Chicken—skinless chicken breast, legs, thighs
Eggs
Hummus
Lentils
Fish—catfish, cod, halibut, salmon, tilapia, trout, tuna
Nuts—almonds, pecans, pine nuts, walnuts
Peanut butter or other nut butter
Pork
Seeds, pumpkin or sunflower
Shellfish, clams or shrimp
Soybeans (edamame)
Split peas
Tempeh
Tofu

Additional items for my shopping list
