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.

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

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

### 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

### Protein
- 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

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

### Additional items for my shopping list

- ___________________________________________
- ___________________________________________
- ___________________________________________
- ___________________________________________