

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.



Dairy

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



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

Additional items for my shopping list

_____	_____
_____	_____
_____	_____
_____	_____