

# 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

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
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| _____ | _____ |