

Smart Grocery Staples

Stock your kitchen so the healthy choice is the easy choice.

● **Pantry**

- Oats, brown rice, quinoa, whole grain pasta and bread.
- Canned beans, chickpeas, and lentils. Rinse to reduce sodium.
- Canned fish like tuna or salmon; natural nut butters; nuts and seeds.
- Canned tomatoes, lower sodium broth, olive and canola oil, herbs and spices.

● **Fridge**

- Eggs, milk or fortified soy beverage, plain yogurt, cheese.
- Plenty of vegetables and fruit. Pre-washed and pre-cut count.
- Tofu, hummus, and lean proteins for quick meals.

● **Freezer**

- Frozen vegetables and fruit. Picked at peak, just as nutritious, no waste.
- Frozen fish fillets, chicken, lean ground meat, shelled edamame.
- Whole grain bread and cooked grains freeze well too.

● **Label quick check**

- Fibre: 2 grams or more per serving is a decent start; 4 or more is great.
- Sodium: compare similar products and pick the lower one; 15 percent daily value or more is a lot.
- Short ingredient lists that start with whole foods are a good sign.