

STOCKING A HEALTHY PANTRY

Healthy eating starts with healthy food choices. By making simple swaps with healthier alternatives, you can make the healthy choice the easy and accessible choice.



HEALTHY DRINKS

- Water
- 100% Fruit juice
- Low-fat, powdered milk



POWERFUL PROTEINS

- Unsalted nuts
- Natural peanut butter
- Canned meat (tuna, chicken, etc.), no added sodium
- Beans, dried or no-sodium



WHOLE GRAINS

- Whole wheat pasta
- Whole wheat crackers
- Whole grain cereals
- Whole grain, natural granola bars
- Brown rice



CANNED AND DRY GOODS

- Canned vegetables, no added sodium
- Canned fruit in 100% fruit juice
- Natural applesauce
- Soups – low or no sodium
- Dried fruit, no added sugar
- Healthier cooking oils (olive oil)

Learn more about healthy, affordable options by visiting healthyforgood.heart.org

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