



WELLNESS EDUCATION

Basic Healthy Pantry List

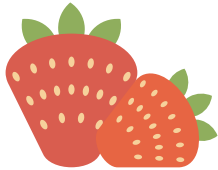
Navigating the grocery aisles can be overwhelming. This guide can be used to help you quickly and easily find the foods to live a Montana Mediterranean lifestyle.



Vegetables

Veggies are important for weight control and good health. Fresh, frozen or canned are all good choices.

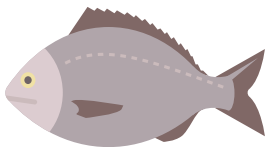
- Beets
- Asparagus
- Bell Pepper
- Broccoli
- Cabbage
- Cauliflower
- Eggplant
- Green beans
- Garlic
- Leafy greens
- Leeks
- Mushrooms
- Olives
- Onions
- Peas
- Potatoes
- Sweet potatoes/yams
- Squash
- Tomatoes (fresh, canned, sauce)



Fruits

Fruits are important for weight control and good health. Fresh, frozen, dried or canned are all good choices.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dried fruit (figs, dates, raisins, plums)
- Grapes
- Lemons
- Limes
- Melons
- Oranges
- Tangerines
- Peaches
- Pears
- Pineapple
- Plums



Proteins

- Lean beef
- Lean pork
- Skinless poultry
- Salmon
- Local caught fish
- Tilapia
- Fresh tuna
- Halibut
- Canned tuna
- Canned salmon
- Canned chicken

Beans/Legumes

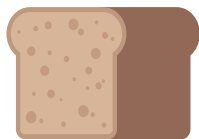
Beans and lentils are a great way to add fiber and protein to your meals. Eat them in place of meat at least once a week. If using canned, rinse and drain to remove some of the sodium.

- Black beans
- Chickpeas (garbanzo)
- Hummus
- Lentils, all kinds
- Pinto beans
- Kidney beans
- White beans (northern, cannellini)

(more valuable information on reverse)



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Herbs and Spices - Condiments

Herbs and spices add wonderful flavor without extra fat or salt. Choose condiments with less sodium.

- Basil
- Bay leaves
- Chilies
- Cilantro
- Cumin
- Mint
- Parsley
- Cinnamon
- Rosemary
- Sage
- Onion powder
- Garlic powder
- Tarragon
- Thyme
- Oregano
- Pepper
- Chili powder
- Assorted vinegars
- Dijon mustard



Healthy Oils and Fats

Store oil in cool, dark place to preserve their nutrients. (Liquid room temperature.)

- Extra virgin olive oil
- Avocado oil
- Canola oil
- Grape seed oil

Grains

Choose mostly whole grain products. Look for the word “whole” as the first ingredient, e.g. whole wheat.

- Barley
- Bread
- Bulgur
- Oatmeal
- Pasta
- Polenta (cornmeal)
- Quinoa
- Brown or wild rice

Dairy / Eggs

- Cheese, natural
- Low or nonfat milk
- Plain yogurt
- Plain greek yogurt
- Eggs
- Cottage cheese (low fat)
- Ricotta cheese

Nuts and Seeds

Both are good sources of protein, fiber and healthy fats. Limit to one handful per day as they are high in calories.

- Almonds
- Cashews
- Chia seeds
- Ground flax
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Nut butters

