

Healthy Pantry

Healthy Eating starts in the pantry. A healthy pantry should include wholesome whole grains, low sodium canned foods, smart snack choices, heart-healthy fats, bold flavors, and everyday produce.

Whole grain breads, pastas, and cereals add fiber to our diet which can lower cholesterol and promote weight loss.

- All Bran Cereal
- Kashi Heart to Heart Cereal
- Hodgson's Mill Oat Barn Hot Cereal
- Barilla Plus Pasta
- Success Whole Grain Brown Rice
- Nature's Own Double Fiber Whole Wheat Bread

Low sodium canned foods make it easy to prepare a quick and healthy meal.

- Del-Monte no added salt Diced Tomatoes
- Swanson's 33% reduced sodium fat-free Chicken Broth
- Green Giant no salt added canned vegetable variety
- Campbell's Healthy Request labeled soups

Snacks like kettle corn and granola bars provide beneficial nutrients without too many calories.

- Orville Redenbacher Smart Pop Popcorn and Kettle Corn
- Kashi Whole Grain Crackers
- South Beach Diet Cereal Bar
- Kashi Crunchy Granola Bar
- Hint of Salt Triscuits

We should use heart healthy fats such as olive oil and canola oil rather than saturated and trans fat choices.

- Olive Oil, liquid or spray
- Canola Oil, liquid or spray
- Naturally More Peanut Butter
- Naturally More Almond Butter

Use vinegars, dried herbs, or low sodium Asian sauces for big flavors.

- Balsamic Vinegar
- Apple Cider Vinegar
- Red Wine Vinegar
- Marsala Wine
- Sesame Oil
- Low Sodium Teriyaki
- Low Sodium Soy Sauce
- Dried Herb Varieties and Blends

Keeping a stocked healthy pantry will help you to make better choices; getting you one step closer to achieving your healthy eating goals.

To make an appointment with our registered dietitian or for more information, contact

Woman's Center for Wellness
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