



of Healthy Eating
On a Budget!

WHAT'S ON THE SHELF?

Suggestions for Healthy Foods to Keep on Hand

LEAN MEATS/ PROTEINS

Meat/ Poultry/ Fish (fresh, frozen, canned)
Dried Beans
Canned Beans
Eggs
Peanut Butter (non hydrogenated)
Tofu

WHOLE GRAINS

Whole Wheat Noodles/Pasta
Brown Rice
Corn or Whole Wheat Tortillas
Hot Cereal
Cold Cereal
Whole Wheat Bread

FRUITS/VEGTEABLES

Fruits
Fresh
Frozen
Dried
Canned (in water)
Vegetables
Fresh
Frozen
Canned (low sodium)

LOW or NON FAT DAIRY

Cheese
Cottage Cheese
Plain Yogurt
Milk
Powdered Milk
Soy Milk

OTHER ITEMS

Flour (white and whole wheat)
Vinegar
Olive or Canola Oil
Herbs/Spices
Broth (low sodium)
Soups (low sodium)