HEALTHY STAPLES TO HAVE ON HAND

MAKE A WEEKLY MENU AND GO FOOD SHOPPING

Make a weekly menu and go food shopping at least once a week.
Planning a menu and keeping your barracks room well-stocked with healthier foods will set you up for success. Refer to the Resource Guide located near the end of this booklet for menu ideas and recipes (apps and cook books). Keep these guidelines below in mind when planning your menu:

1. **Examine your weekly schedule and look for days/times where you can devote more time to preparing healthy foods.**

2. **Make a grocery list that corresponds to your menu.** Check what and how much you already have on-hand so you don’t duplicate or run low on required ingredients.

3. **Build in leftovers so you don’t have to “cook” everyday of the week.** Stews, stir-frys, and pasta/rice/bean dishes can be made in larger batches and frozen or refrigerated for use later in the week.

4. **Purchase time-saving ingredients.** A few ideas include pre-washed salad mix, baby carrots, frozen vegetables/fruits, whole grain pasta/breads/brown rice, canned meats, canned/low-sodium beans, boneless/skinless poultry, low-sodium pasta sauce, chopped garlic (jar), minced ginger (jar) etc.

5. **Include healthier convenience-type foods in your menu like frozen meals, healthy soups, or already cooked and prepared whole chicken.** Read the food label and the ingredient list to help you. Follow the suggestions on the next few pages.

6. **Stick to your shopping list when at the store.** It is easy to buy impulse items. Eat before you go shopping to help avoid purchasing impulse items.

<table>
<thead>
<tr>
<th>WHOLE GRAINS</th>
<th>DAIRY</th>
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</thead>
<tbody>
<tr>
<td>100% whole wheat bread</td>
<td>Skim or 1% white milk or lactose-free milk</td>
</tr>
<tr>
<td>Brown rice</td>
<td>Greek yogurt (low-fat)</td>
</tr>
<tr>
<td>100% whole wheat pasta</td>
<td>Kefir yogurt Drink</td>
</tr>
<tr>
<td>100% whole wheat cereal</td>
<td>String cheese</td>
</tr>
<tr>
<td>Oatmeal (plain)</td>
<td>Cottage cheese (1% low-fat)</td>
</tr>
<tr>
<td>Frozen whole wheat waffles</td>
<td>Cheddar Cheese (2% low-fat)</td>
</tr>
<tr>
<td>100% whole wheat crackers (i.e., Triscuits®)</td>
<td>Parmesan Cheese</td>
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<thead>
<tr>
<th>VEGETABLES</th>
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<tbody>
<tr>
<td>Pre-washed salad greens</td>
</tr>
<tr>
<td>Baby carrot sticks</td>
</tr>
<tr>
<td>Baby tomatoes</td>
</tr>
<tr>
<td>Sweet potatoes, red potatoes, or white potatoes</td>
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<tr>
<td>Broccoli</td>
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<table>
<thead>
<tr>
<th>FRUITS</th>
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<tbody>
<tr>
<td>Apples</td>
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<tr>
<td>Bananas</td>
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<tr>
<td>Berries</td>
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<tr>
<td>Melon</td>
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<td>Oranges</td>
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<tr>
<th>PROTEINS</th>
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<tbody>
<tr>
<td>Egg substitutes or whole eggs</td>
</tr>
<tr>
<td>Canned water-packed tuna (low-sodium)</td>
</tr>
<tr>
<td>Canned chicken (low-sodium)</td>
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<tr>
<td>Fresh or frozen fish fillets (not breaded)</td>
</tr>
<tr>
<td>Boneless, skinless chicken breasts</td>
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<tr>
<td>Deli-meats (turkey breast, roast beef)</td>
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<tr>
<td>Beans (canned)</td>
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<tr>
<td>Rotisserie chicken</td>
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<tr>
<td>93% lean ground beef</td>
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<tr>
<td>All natural nut-butter (no sugar or salt added)</td>
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<tr>
<td>Nuts (low-sodium)</td>
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<tr>
<td>Hummus</td>
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<table>
<thead>
<tr>
<th>OTHER</th>
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<tbody>
<tr>
<td>Healthy frozen meals (see below)</td>
</tr>
<tr>
<td>Pasta sauce (see below)</td>
</tr>
<tr>
<td>Canned vegetable, bean, or grain based soups (see below)</td>
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<table>
<thead>
<tr>
<th>READ THE FOOD LABEL. LOOK FOR:</th>
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<tbody>
<tr>
<td>Cereal: ≤10g Sugar; ≥3g Fiber</td>
</tr>
<tr>
<td>Yogurt: ≤20g Sugar</td>
</tr>
<tr>
<td>Frozen Meal: ≤600mg Sodium; ≤10g Fat; ≤500 calories</td>
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<tr>
<td>Pasta Sauce: ≤600mg Sodium</td>
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<tr>
<td>Soup: ≤800mg Sodium</td>
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<tr>
<td>Frozen or canned fruits/veggies without added salt, sugar, or fat</td>
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