



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.

<p>WHOLE GRAINS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 100% whole wheat bread <input type="checkbox"/> Brown rice <input type="checkbox"/> 100% whole wheat pasta <input type="checkbox"/> 100% whole wheat cereal <input type="checkbox"/> Oatmeal (plain) <input type="checkbox"/> Frozen whole wheat waffles <input type="checkbox"/> 100% whole wheat crackers (i.e., Triscuits®) 	<p>DAIRY</p> <ul style="list-style-type: none"> <input type="checkbox"/> Skim or 1% white milk or lactose-free milk <input type="checkbox"/> Greek yogurt (low-fat) <input type="checkbox"/> Kefir yogurt Drink <input type="checkbox"/> String cheese <input type="checkbox"/> Cottage cheese (1% low-fat) <input type="checkbox"/> Cheddar Cheese (2% low-fat) <input type="checkbox"/> Parmesan Cheese
<p>VEGETABLES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pre-washed salad greens <input type="checkbox"/> Baby carrot sticks <input type="checkbox"/> Baby tomatoes <input type="checkbox"/> Sweet potatoes, red potatoes, or white potatoes <input type="checkbox"/> Broccoli <input type="checkbox"/> Bell-peppers (any color) <input type="checkbox"/> Corn <input type="checkbox"/> Cucumbers <input type="checkbox"/> Green beans <input type="checkbox"/> Peas <input type="checkbox"/> Onions and/or garlic 	
<p>FRUITS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Berries <input type="checkbox"/> Melon <input type="checkbox"/> Oranges <input type="checkbox"/> Clementines <input type="checkbox"/> Red or green grapes <input type="checkbox"/> Pears <input type="checkbox"/> Kiwi <input type="checkbox"/> Pineapples <input type="checkbox"/> Mangoes 	
<p>PROTEINS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Egg substitutes or whole eggs <input type="checkbox"/> Canned water-packed tuna (low-sodium) <input type="checkbox"/> Canned chicken (low-sodium) <input type="checkbox"/> Fresh or frozen fish fillets (not breaded) <input type="checkbox"/> Boneless, skinless chicken breasts <input type="checkbox"/> Deli-meats (turkey breast, roast beef) <input type="checkbox"/> Beans (canned) <input type="checkbox"/> Rotisserie chicken <input type="checkbox"/> 93% lean ground beef <input type="checkbox"/> All natural nut-butter (no sugar or salt added) <input type="checkbox"/> Nuts (low-sodium) <input type="checkbox"/> Hummus 	
<p>OTHER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Healthy frozen meals (see below) <input type="checkbox"/> Pasta sauce (see below) <input type="checkbox"/> Canned vegetable, bean, or grain based soups (see below) 	
<p>READ THE FOOD LABEL. LOOK FOR:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cereal: $\leq 10g$ Sugar; $\geq 3g$ Fiber <input type="checkbox"/> Yogurt: $\leq 20g$ Sugar <input type="checkbox"/> Frozen Meal: $\leq 600mg$ Sodium; $\leq 10g$ Fat; ≤ 500 calories <input type="checkbox"/> Pasta Sauce: $\leq 600mg$ Sodium <input type="checkbox"/> Soup: $\leq 800mg$ Sodium <input type="checkbox"/> Frozen or canned fruits/veggies without added salt, sugar, or fat 	