



## Healthy Kitchen Checklist



Make healthy food choices the easy choices for your family. Use this handy checklist for examples of foods to help you get back to the basics of healthy eating in your kitchen.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<p><b>Vegetable Basket</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fresh vegetables (e.g. avocados, tomatoes, sweet potatoes, onions, winter squash)</li> </ul> <p><b>Fruit Bowl</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fresh fruit (e.g. apples, bananas, kiwi, nectarines and seasonal fruits)</li> </ul> <p><b>Cupboards</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dried fruits (e.g. dates, raisins, cranberries, apricots)</li> <li><input type="checkbox"/> 100% vegetable and fruit juices</li> <li><input type="checkbox"/> Vegetables (lower sodium cans or jars, e.g. tomatoes, tomato paste)</li> <li><input type="checkbox"/> Canned fruit and fruit cups (e.g. peaches, pears and fruit salad in juice, not syrup)</li> </ul> <p><b>Refrigerator</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fresh fruit (e.g. berries, citrus, grapes, plums)</li> <li><input type="checkbox"/> Fresh vegetables (especially dark green and orange, e.g. kale, carrots)</li> <li><input type="checkbox"/> Pre-washed salads and pre-cut vegetables</li> <li><input type="checkbox"/> 100% vegetable and fruit juices</li> <li><input type="checkbox"/> Fruit sauces (e.g. apple sauce)</li> <li><input type="checkbox"/> Salsa</li> </ul> <p><b>Freezer</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Frozen berries and other fruit</li> <li><input type="checkbox"/> Frozen vegetables (e.g. spinach, broccoli, Brussels sprouts, green peas and beans, squash, corn)</li> </ul>	<p><b>Cupboards</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole grain and high fibre cereals</li> <li><input type="checkbox"/> Whole grains (e.g. brown rice, barley, quinoa and wheat berries)</li> <li><input type="checkbox"/> Whole wheat pasta</li> <li><input type="checkbox"/> Whole grain couscous</li> <li><input type="checkbox"/> Whole grain flours</li> <li><input type="checkbox"/> Whole grain or high fibre cereal bars</li> <li><input type="checkbox"/> Whole grain crackers (lower in salt, trans fat free)</li> </ul> <p><b>Bread box</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole grain breads</li> <li><input type="checkbox"/> Whole grain bagels and English muffins</li> </ul> <p><b>Refrigerator</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole grain flat breads and wraps (e.g. naan, bannock and tortillas)</li> </ul> <p><b>Freezer</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole grain waffles or pancakes</li> <li><input type="checkbox"/> Home-made whole grain muffins and breads</li> </ul> <p><b>Airtight Containers</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Home-made oatmeal cookies</li> <li><input type="checkbox"/> Home-made high fibre cereal squares</li> </ul>	<p><b>Refrigerator</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Milk (skim, 1% or 2%)</li> <li><input type="checkbox"/> Fortified soy beverage</li> <li><input type="checkbox"/> Lower fat yogurt (2% M.F. or less)</li> <li><input type="checkbox"/> Kefir</li> <li><input type="checkbox"/> Lower fat cheese (15 to 20% M.F. Or less, e.g. skim Mozzarella or Cheddar)</li> </ul> <p><b>Cupboards</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Milk boxes (UHT milk single serving boxes for lunch bags and larger 1 L boxes in case you run out of milk)</li> <li><input type="checkbox"/> Skim milk powder</li> <li><input type="checkbox"/> Low fat evaporated milk</li> <li><input type="checkbox"/> Milk puddings (low in fat and trans fat free)</li> </ul> <p><b>Freezer</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Frozen yogurt (lower fat varieties)</li> </ul> <p><b>Spreads and Seasonings</b></p> <p><b>Cupboards</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Vegetable oils (e.g. canola, olive and soybean)</li> <li><input type="checkbox"/> Flavoured vinegars</li> <li><input type="checkbox"/> Dried herbs and spices</li> </ul> <p><b>Refrigerator</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Soft non-hydrogenated margarine (low in saturated and trans fat)</li> <li><input type="checkbox"/> Mayonnaise (try low fat)</li> <li><input type="checkbox"/> Mustards</li> <li><input type="checkbox"/> Chutneys</li> <li><input type="checkbox"/> Fresh herbs</li> </ul>	<p><b>Freezer</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fish fillets (not battered, breaded or fried)</li> <li><input type="checkbox"/> Skinless poultry pieces</li> <li><input type="checkbox"/> Lean meats (e.g. 'round' or 'loin')</li> <li><input type="checkbox"/> Extra lean and lean ground meats</li> <li><input type="checkbox"/> Edamame and soy-based meat alternatives</li> </ul> <p><b>Refrigerator</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hummus</li> <li><input type="checkbox"/> Lean sandwich meats (e.g. roast turkey breast)</li> <li><input type="checkbox"/> Tofu</li> <li><input type="checkbox"/> Nut butters</li> <li><input type="checkbox"/> Eggs</li> </ul> <p><b>Cupboards</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dried or canned lentils, beans and peas</li> <li><input type="checkbox"/> Canned fish and shellfish (in water)</li> <li><input type="checkbox"/> Nuts (unsalted)</li> <li><input type="checkbox"/> Seeds (unsalted)</li> </ul>

