

Pantry Nutrition Tips by Section

This chart is a simple guide for each food group. Focus each area of your pantry on these tips and tricks.

SECTION OF THE PANTRY

Fruit	Vegetable	Grain	Protein	Dairy
Variety	Variety	Variety	Variety	Low fat
Canned in 100% juice or light syrup	No Salt Added	Half WHOLE grains	Lean fish, meat, chicken, beans	Limited added sugar
Rinse fruit canned in heavy syrup	No added sauces	Limit added sugar and fat	Limit cured meats	Look for milk alternatives low in sugar
Limit juice to 100% juice and dilute with water to decrease sugar.	Drain and rinse canned	Whole grains help you stay full longer, control your blood sugar, and lower cholesterol	Remove skin of the meat before eating	Evaporated milk is a replacement for high fat milk
Pair dried fruit with nuts to control blood sugar	Add to packaged meals		Meatless meal options	Greek yogurt is a full of protein
	Flavor with herbs & spices		Flavor with herbs and spices	