

FitFUTURE

Strategies for
Better Living.



Pantry Ingredient Staples:

- ✓ Brown rice
- ✓ Canned Tomatoes
- ✓ Nut Oil

by Susan Figaro Grace, MEd, RD, CWC

In addition to fruits, vegetables and fresh meat, keep your kitchen stocked with some of the following ingredients to make it easier to plan and prepare heart healthy meals. Use these ingredients in both main-dish meals and side dishes.

Condiments, Sauces, and Seasonings: Add Flavor

- Canned tomato paste, no salt added
- Canned tomatoes, no salt added
- Capers
- Dijon mustard
- Honey
- Lemon juice
- Lime juice
- Low-sodium broth or stock (chicken, beef, vegetable)
- Lite soy sauce
- Salsa or reduced-sodium taco sauce
- Vinegar (apple cider, balsamic red wine, rice)
- A variety of spices

Oils and Fats: Low in Saturated and Trans Fat

- Nut oil (peanut, sesame)
- Soft tub margarine
- Vegetable oil (safflower, canola, corn, olive)

Nuts, Seeds, and Beans: Low in Fat, High in Protein

- Low-sodium canned beans (black, kidney, pinto, chick peas, cannellini)
- Dried lentils
- Unsalted nuts (almonds, pine nuts, walnuts)

Whole Grains: Add Extra Nutrients to Main Dishes and Sides

- Brown rice
- Whole-wheat couscous
- Quinoa
- Whole-wheat pasta
- Whole-wheat tortillas

Frozen Vegetables and Legumes: Add Convenience

- Corn, broccoli, green beans etc.
- Edamame
- Vegetable stir-fry mix (no sauce added)

In addition to getting healthy pantry staples, try swapping out higher calorie ingredients for lower calorie options to improve the health profile of your meals and snacks. Below are simple ingredient substitutions:

High-Calorie Ingredient	Replace With...
Dark meat with skin	Boneless, skinless chicken breasts or thighs
Lard, butter or shortening	Small amount of vegetable oil
Regular mayonnaise	Low-fat mayonnaise or a mixture of non-fat plain greek yogurt and regular mayonnaise
Full-fat cream cheese or sour cream	Low-fat or non-fat cream cheese and light sour cream or nonfat plain greek yogurt
Regular cheese	Use smaller amounts of sharp cheese or a lower fat or part-skim cheese
Pork bacon or sausage	Turkey bacon or sausage, lean ham and canadian bacon
Cream	Evaporated skim milk
80% ground beef	90% lean ground beef or ground turkey breasts (no skin)