

Stocking Your Pantry

Having a well-stocked kitchen makes meal planning easier. Use this basic checklist for some ideas to help stock your pantry, refrigerator, and freezer for simple meals. Personalize the list with foods you frequently use.

Breakfast & Cereals

- ☐ Cereal (consider whole grain varieties)
- ☐ Oatmeal
- ☐ Pancake mix

Canned, Jarred, & Pouched Foods

- ☐ Fruits and vegetables (choose options without added sugar or salt)
- ☐ Meat, poultry, & seafood (fish, chicken, or other meats)
- ☐ Beans (pinto, black, garbanzo)
- ☐ Soups (look for lower sodium varieties)
- ☐ Nut butter (peanut, almond)
- ☐ Dried fruit
- ☐ Sauces (tomato, spaghetti, pizza)
- ☐ Salsa
- ☐ Broth or stock (chicken, beef, or vegetable)

Grains, Pasta & Sides

- ☐ Bread (consider whole grain varieties)
- ☐ Tortillas or taco shells
- ☐ Pasta (consider whole grain varieties)
- ☐ Rice (include some whole grain rice, such as brown rice)
- ☐ Oats (old fashioned or rolled, quick, or steel cut)

Produce

- ☐ Onions
- ☐ Potatoes
- ☐ Garlic

Snacks

- ☐ Crackers (consider whole grain varieties)
- ☐ Popcorn
- ☐ Nuts (almonds, walnuts, etc.)

Baking & Cooking Supplies

- ☐ Instant nonfat dry milk
- ☐ Flour (consider whole grain)
- ☐ Sugar (white granulated, brown)
- ☐ Seasonings & spices (salt, black pepper, garlic, minced onion)
- ☐ Oil for cooking (such as olive, canola, vegetable)
- ☐ Vinegar

Condiments & Salad Dressings

- ☐ Ketchup
- ☐ Mustard
- ☐ Mayonnaise (choose a lower fat option)
- ☐ Salad dressing

In the Refrigerator

- ☐ Milk (fat-free or low-fat)
- ☐ Cheese (block, shredded, sliced, or string and consider lower fat options)
- ☐ Yogurt (fat-free or low-fat and choose options with fewer or no added sugars)
- ☐ Eggs
- ☐ Fruits
- ☐ Vegetables
- ☐ Butter or margarine

In the Freezer

- ☐ Fruit
- ☐ Vegetables
- ☐ Meat & seafood (chicken breast, ground beef/turkey, pork loin chops, salmon, shrimp)
- ☐ 100% fruit juice concentrate
- ☐ Waffles (consider whole grain varieties)
- ☐ Breads (consider whole grain varieties)



Using the Nutrition Facts Label to Make Healthier Choices

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

1

The **serving size** is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

2

Calories are in large and bold font to make the information easier to find and use.

2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level.

3

The **percent Daily Value (%DV)** shows how much a nutrient in a serving of food contributes to a total daily diet. As a general guide:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

4

Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Source: <https://www.fda.gov/food/nutrition-facts-label/whats-nutrition-facts-label>

Make the Label Work for You

Use the label to support your personal dietary needs—choose foods that contain more of the nutrients you want to get more of and less of nutrients you may want to limit.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.