

Spring into a New You

The arrival of spring is often accompanied with the desire to clean and renew our living spaces. But how about your pantry? Is it time for a “spring cleaning” of your food shelves?

Replace the Old with the New

Replace low-nutrition items in your pantry made from refined grains or those with high sodium or sugar content with sugar-free, low-sodium, and whole-grain alternatives.

We understand how valuable time is for busy families! Keeping your pantry well stocked with a variety of healthy and non-perishable items can be a big time saver in the pursuit of a healthier lifestyle.

Here are a few more tips for your pantry makeover.

Rise and Shine!

Breakfast is the most important meal of the day, yet many fail to eat breakfast due to lack of time. Having ready-to-eat whole grain granola or cereal as well as fresh or dried fruit available may make it easier to include breakfast in your daily routine.

- Whole grain cereals or oatmeal — make sure to choose those low in sugar and sodium — can be a quick and easy source of fiber and energy. Add some raisins, nuts, or bananas, and you’ll have a nutrient-rich start to your day.
- Yogurt topped with whole-grain granola and fruit is a great “on-the-go” choice for a breakfast full of protein, fiber, vitamins, and minerals.
- A cool, fresh smoothie prepared with any fruit of your choice and the addition of yogurt, flaxseed, and crushed ice can be a great energy booster.

TIP

A good rule of thumb for buying organic fruits and vegetables — choose organic when you don’t peel it!

Meal-Time Dilemmas

A busy life often prevents us from preparing healthy meals for our family. Avoid meal-time dilemmas with these healthy additions to your pantry.

- Whole-grain pasta is a great source of B vitamins, iron, fiber, and other rich nutrients. Add some colorful vegetables and organic pasta sauce, and you can create a healthy, quick, and hearty meal.
- Salads made with any variety of organic vegetables and fruits can be a refreshing choice for lunch or dinner. Add some quinoa for additional nutrients and satiety power.



- Beans, which are a naturally low-fat source of fiber and protein, can be a satisfyingly delicious addition to any soup or salad. Or try adding beans and colorful bell peppers to seasoned, lean ground beef or turkey for a quick and easy chili.
- Springtime is all about color. Colorful, low-sodium vegetables — vacuum-packed or canned — are always a great choice for adding nutrients and fiber to any meal.
- Adding healthy omega-3 fats to your diet isn't difficult! Choose albacore tuna fish or salmon, mix in some low-fat dressing, and serve on a tasty whole-grain bread.
- Soup served with low-fat, salt-free crackers is another quick and easy meal choice for those chilly, rainy days of early spring! Choose low-sodium soups and add chicken, beans, or other vegetables to make it even heartier!
- Kids will enjoy baking their very own pizza created with whole-grain pizza dough, organic pizza sauce, vegetables (or even pineapple!), and low-fat cheese!

Anytime Craving

- Replace high-fat, high-sodium snacks such as chips and cheese crackers with low-fat, low-sodium alternatives. Try baked chips and a low-fat dip as an appetizer during game-time gatherings, or better yet, consider hummus and whole-grain pita as a healthy alternative.
- Keep heart-healthy nuts and antioxidant-rich dried fruits handy for snacks. Nuts are a great source of protein, good fats, and other nutrients. And dried fruits, eaten in moderation, are a great form of concentrated nutrients that can be enjoyed anytime!
- Canned fruits packed in 100% juice or water can be a great source of vitamin C and the perfect to satisfy that craving for something sweet. Freeze unsweetened applesauce as a refreshing after-school snack for the kids.

In the Mood to Bake?

- Combining enriched, all-purpose flour with a whole-grain, all-purpose flour can help maintain the taste you're accustomed to while adding some nutrients to your favorite recipes.
- Keeping brown rice flour and other gluten-free flours in your pantry is a great choice for those who may have a gluten sensitivity.

Give your pantry a springtime makeover for a healthier you! Look for Keys to Better Health attributes like Gluten Free, Low Fat, and Heart Healthy to help you make wise food choices everyday!

