

KEYS TO BETTER HEALTH™

SPRING IS A GREAT TIME FOR A PANTRY MAKEOVER

A key to good health is a pantry full of foods that supplement a healthy lifestyle. Over time – especially during the busy and frantic holiday season – unhealthy items start to pile up. In two easy steps, you can give your pantry a new and exciting look, just in time for Spring:

Step 1: Spring Cleaning. Trash any unhealthy items you've been holding onto, especially the expired foods. Replace fatty cooking oils with heart healthy olive oil. No more sugary cereals and pastries. Replace with whole grain prepared cereals and oatmeal, which are easy to prepare during hectic mornings. You might even want to re-line the pantry with a bright shelf paper to celebrate the return of the spring and warmer weather. Placement is also key. Make sure you give the healthy items prime real estate in your pantry by keeping them up front and at a height you can easily reach.

Step 2: Make A List. Before you head to Key Foods, make a list of healthy substitutions for lesser healthy foods. Rolled oats or whole wheat varieties are excellent replacements for white bread crumbs. Herbs and spices provide much the same flavor as salt, but with less sodium. Apple-sauce adds sweetness to foods while being much healthier than sugar. Whole wheat pastas, crackers and flours provide necessary vitamins and minerals to keep you healthy and dietary fiber to help keep your system going.

Key Foods offers a variety of healthy items to help stock your new-look pantry. Fresh or dried fruit, aka "nature's candy," is a great way to tame your sweet cravings. Try raisins, apricots, cranberries, dates, prunes, and pineapples, all filled with vitamins, minerals and fibers that will satisfy your sweet tooth and keep you fit. One caution: be careful to watch your intake, as dried fruit are calorically dense.

We want to help you reinvent your pantry this spring through the *Keys To Better Health®* nutrition labeling program that makes it easy for you to select healthy foods to incorporate into your diet.

As you make your way throughout our store in search of the perfect pantry supplies, be sure to watch for the colorful tags on the shelf edge such as "Whole Grain," "Smart Sugar," "Heart Health," and more.



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.