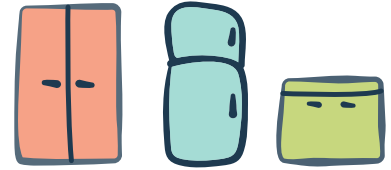


PRACTICAL FOODS TO HAVE ON HAND



	PANTRY	REFRIGERATOR	FREEZER
VEGETABLES AND FRUIT	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Canned tomatoes, tomato paste, tomato sauce, tomato juice <input checked="" type="checkbox"/> Canned vegetables <input checked="" type="checkbox"/> Canned fruit <input checked="" type="checkbox"/> Dried fruit <input checked="" type="checkbox"/> Garlic <input checked="" type="checkbox"/> Onion <input checked="" type="checkbox"/> Potatoes 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fresh vegetables <input checked="" type="checkbox"/> Fresh fruit <input checked="" type="checkbox"/> Whole lemons or limes, or their juice 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Frozen vegetables <input checked="" type="checkbox"/> Frozen fruit <input checked="" type="checkbox"/> <i>Ripe bananas*</i> <input checked="" type="checkbox"/> <i>Tomato sauce*</i>
WHOLE GRAIN FOODS	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Low-sugar cereals <input checked="" type="checkbox"/> Rolled oats <input checked="" type="checkbox"/> Whole wheat flour <input checked="" type="checkbox"/> Whole grain breads, pitas and tortillas <input checked="" type="checkbox"/> Whole wheat pasta <input checked="" type="checkbox"/> Brown rice, barley, couscous, etc. 		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>Cooked rice, cooked pasta*</i>
PROTEIN-RICH FOODS	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Canned fish (tuna, salmon, etc.) <input checked="" type="checkbox"/> Legumes and pulses (beans, lentils, chickpeas, etc.) <input checked="" type="checkbox"/> Condensed skim milk <input checked="" type="checkbox"/> Peanut or nut butter <input checked="" type="checkbox"/> Nuts and seeds 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Meat and poultry <input checked="" type="checkbox"/> Fish <input checked="" type="checkbox"/> Eggs <input checked="" type="checkbox"/> Tofu <input checked="" type="checkbox"/> Milk, fortified soy beverages <input checked="" type="checkbox"/> Plain yogurt <input checked="" type="checkbox"/> Cheese 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Frozen meat and poultry <input checked="" type="checkbox"/> Fish fillets <input checked="" type="checkbox"/> Soy beans <input checked="" type="checkbox"/> <i>Egg whites or yolks*</i> <input checked="" type="checkbox"/> <i>Grated cheese*</i> <input checked="" type="checkbox"/> Milk
OILS, VINEGARS AND SAUCES	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Vegetable oils (canola, olive, corn, sunflower, etc.) <input checked="" type="checkbox"/> Vinegar (balsamic, cider, wine) 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Butter or non-hydrogenated margarine 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>Butter or non-hydrogenated margarine*</i>
OTHER FOODS	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Sugar, honey, molasses, brown sugar <input checked="" type="checkbox"/> Cocoa powder <input checked="" type="checkbox"/> Low-sodium commercial broth <input checked="" type="checkbox"/> Corn starch <input checked="" type="checkbox"/> Baking soda, baking powder <input checked="" type="checkbox"/> Vanilla extract 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Maple syrup <input checked="" type="checkbox"/> Condiments (mustard, mayonnaise, soy sauce, hot sauce, etc.) 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>Broth frozen in ice cube trays*</i>
SPICES AND HERBS	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Spices (ground chili, curry, turmeric, cumin, paprika, cinnamon, etc.) <input checked="" type="checkbox"/> Dried herbs (parsley, oregano, basil, thyme, bay leaves, etc.) <input checked="" type="checkbox"/> Ground pepper, table salt 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fresh herbs <input checked="" type="checkbox"/> Fresh ginger <input checked="" type="checkbox"/> Pesto 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>Fresh herbs*</i> <input checked="" type="checkbox"/> <i>Fresh ginger*</i>

* Frozen foods marked in italics are suggestions for preserving leftovers/extra food or for preventing fresh foods from going to waste.