

WHAT'S ON THE SHELF?

(Suggestions for Healthy Foods to Keep on Hand)

MEATS/PROTEINS

Meat/Poultry/Fish (fresh, frozen or canned)
Dried Beans
Canned Beans
Eggs
Peanut Butter (reduced fat)
Tofu

LOW FAT DAIRY

Cheese
Cottage Cheese
Yogurt
Milk
Powdered Milk
Soy Milk

STARCHES

Noodles
Rice
Corn or Whole Wheat Tortillas
Hot Cereal
Cold Cereal
Whole Wheat Bread

OTHER ITEMS

Flour (white and whole wheat)
Sugar
Vinegar
Olive or Canola Oil
Herbs/Spices
Broth (low sodium)
Soups (low sodium)

FRUITS/VEGETABLES

Fruits
Fresh
Frozen
Dried
Canned (in water)
Vegetables
Fresh
Frozen
Canned (low sodium)



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For information on obesity prevention or food stamps, call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.