

Stock your pantry



FOODS TO HAVE IN STOCK

Use foods listed below to create simple and satisfying quick meals or snacks on days you want to limit time in the kitchen. Aim for food from three food groups (**fruits or vegetables**, **grains**, **protein-rich foods**).

Condiments and additional food items are in black font.

Pantry

- Onions
- Potatoes
- Canned tomatoes
- Canned vegetables
- Canned fruits
- Dried fruits
- Nuts & seeds
- Nut or seed butters
- Ready-to-eat cereal, oatmeal
- Rice, pasta, couscous, orzo
- Crackers, rice cakes
- Canned meats, poultry or fish
- Skim milk powder
- Canned or dried beans, chickpeas, lentils
- Peanut butter
- Pasta sauce in jars
- Soups, chicken stock
- Dried spices
- Vinegar
- Oils

Freezer

- Vegetables & fruits
- Chopped onion & peppers
- Breads, bagels, English muffins
- Meat
- Ground beef, pork, turkey
- Poultry
- Fish fillets
- Soups
- Portioned leftovers
- Ready-to-eat-meals

Fridge

- Vegetables & fruits
- Minced garlic
- Whole-wheat tortillas
- Pita bread
- Eggs
- Hard cheeses
- Yogurt
- Milk or milk alternatives
- Tofu, tempeh, or other soy products
- Sauces
- Ketchup & mustard

When appetite is limited:

- Choose foods with higher fat content, which will provide more calories without the bulk.
- Include protein-rich foods such as legumes, nuts, seeds, eggs in each meal and snack.

If weight gain is a concern:

- Reduce portion sizes and choose high-fibre foods like vegetables, fruits and legumes, which help you feel full longer.

