

## Pantry Staples and Kitchen Essentials

Basic ingredients in your kitchen help make heart healthy meals quick and easy. You'll enjoy meal prep more when you start with a stocked pantry. Load up on some of these heart healthy options:

Category	Examples
<b>Fresh Fruits</b>	<ul style="list-style-type: none"> <li>• Fresh seasonal fruits like:               <ul style="list-style-type: none"> <li>• berries, oranges, apples</li> <li>• pears, bananas, grapes</li> <li>• papaya, mandarins, pineapple</li> <li>• apricots and mangoes</li> </ul> </li> <li>• Dried unsweetened fruits like:               <ul style="list-style-type: none"> <li>• raisins, cranberries, dates</li> <li>• figs, berries, apples and apricots</li> </ul> </li> <li>• Fresh seasonal vegetables like:               <ul style="list-style-type: none"> <li>• yellow, green, and red bell peppers</li> <li>• cucumbers, broccoli, kale, cauliflower</li> <li>• tomatoes, dark leafy greens, celery</li> <li>• eggplant, zucchini, squash</li> </ul> </li> </ul>
<b>Dairy and Dairy Alternatives</b>	<ul style="list-style-type: none"> <li>• Skim or 1% milk</li> <li>• Soy or almond beverage (plain, unsweetened)</li> <li>• 0 or 1% yogurt (plain, unsweetened)</li> <li>• Cheese (bricks or shredded)</li> <li>• 1% ricotta or cottage cheese</li> <li>• Light cream cheese or 5% sour cream</li> <li>• Eggs or egg whites</li> </ul>

<b>Category</b>	<b>Examples</b>
<b>Cooking Oils, Nuts and Seeds</b>	<ul style="list-style-type: none"> <li>• Extra-virgin, cold-pressed olive oil</li> <li>• Avocado, Canola oil</li> <li>• Any unsalted nuts such as almonds, walnuts, pecans, cashews, pistachios, brazil</li> <li>• Any unsalted seeds like sunflower, pumpkin, sesame</li> <li>• Whole, milled, or ground flaxseed</li> <li>• Chia Seeds, Hemp Hearts</li> </ul>
<b>Herbs, Spices and Seasonings</b>	<ul style="list-style-type: none"> <li>• Basil, oregano, rosemary, parsley</li> <li>• Onion powder, dill, garlic powder, paprika</li> <li>• Red pepper flakes, black pepper, cayenne, chili powder, coriander, cumin, curry powder</li> <li>• Cinnamon, cloves, allspice, ground ginger, nutmeg</li> <li>• Assorted sodium-free Mrs. Dash® seasonings</li> <li>• No Salt Added chicken, beef, vegetable broths</li> <li>• Vinegars such as rice, red wine, balsamic, apple cider, raspberry</li> </ul>
<b>Sweetener</b>	<ul style="list-style-type: none"> <li>• Pure maple syrup, honey, molasses</li> </ul>

<b>Category</b>	<b>Examples</b>
<b>Dried Beans and Grains</b>	<ul style="list-style-type: none"> <li>• Dried beans such as garbanzo/chick, kidney, white, black beans</li> <li>• Dried split peas, red, green or brown lentils</li> <li>• No Salt Added canned beans such as kidney, garbanzo, pinto, black beans, lentils</li> <li>• Large flake, steel cut, quick-cook oats, oat-bran</li> <li>• 100% Whole-grain cold cereals</li> <li>• Brown rice, wild rice, brown basmati rice</li> <li>• Whole grains such as wheat berries, couscous, bulgur, quinoa, barley</li> <li>• Whole wheat, spelt or kamut pastas</li> <li>• Baking potatoes, red potatoes, sweet potatoes</li> <li>• 100% Whole grain breads, tortillas, pitas</li> <li>• Whole grain crackers such as Triscuits®, Rye Crisp® or Wasa®</li> <li>• Whole wheat, spelt or almond flour, wheat germ, wheat bran, cornmeal</li> </ul>
<b>Frozen Foods</b>	<ul style="list-style-type: none"> <li>• Frozen vegetables and vegetable blends without added sauces and gravies</li> <li>• Frozen fruits without added sugar such as blueberries, strawberries, raspberries, mixed fruits, pineapple, cherries</li> <li>• Frozen soybeans (edamame)</li> </ul>

<b>Category</b>	<b>Examples</b>
<b>Condiments and Tomato products</b>	<ul style="list-style-type: none"> <li>• Mustards such as whole grain, honey, Dijon, yellow</li> <li>• Reduced-sodium soy or tamari sauce</li> <li>• Mayonnaise</li> <li>• Low-sodium ketchup</li> <li>• No Salt Added canned diced tomatoes, whole tomatoes, tomato sauce, tomato paste</li> </ul>
<b>Meat, Poultry, Fish and Meat Substitutes</b>	<ul style="list-style-type: none"> <li>• Skinless, boneless chicken or turkey breasts and tenders</li> <li>• Extra-lean ground chicken or turkey</li> <li>• Pork tenderloin, trimmed of fat</li> <li>• Extra-lean ground beef</li> <li>• Oily fish such as salmon, mackerel, trout, herring, and tuna</li> <li>• White fish such as haddock, halibut, tilapia</li> <li>• Tofu including silken, firm or extra firm</li> </ul>

For more information: [smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/](http://smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/)