

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

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

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

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

For more information: smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/