

Prepare Your Pantry For Quick and Tasty Heart-Healthy Meals

Fruit

Dried fruit — apples, apricot, raisins
 Frozen fruit — berries, cherries
 Canned fruit — Mandarin oranges,
 pineapple, peaches

Vegetables

Onions
 Potatoes, white and sweet
 Garlic, fresh or minced
 Ginger Root
 Avocado
 Variety of frozen vegetables, including
 edamame

Frozen Protein

Beef — tenderloin and top sirloin
 Pork — tenderloin, loin chops, lean ham
 Chicken breast
 Fish — salmon, tilapia
 Soy burgers, nuggets

Canned Foods

Beans — kidney, black, pinto, garbanzo,
 and fat-free refried beans
 Peanut butter, almond butter
 Tuna, salmon, and chicken, water-packed
 Tomatoes, whole or diced, sauce, paste
 Canned broth, reduced sodium
 Olives, artichokes, water chestnuts

Grains

Oatmeal
 Whole grain pasta
 Rice — brown, wild, white
 Barley, quinoa, bulgar
 Bread crumbs
 Lentils

Dairy

Buttermilk
 Plain low-fat yogurt
 Evaporated skim milk

Nuts

Almonds, walnuts
 Sunflower and sesame seeds

Fats and Flavors

Olive, canola oil
 Light mayonnaise
 Spices — cinnamon, cloves, nutmeg, curry
 powder, cumin, turmeric, paprika
 Horseradish and Mustard — yellow, brown,
 Dijon
 Vinegars — red wine, apple cider, rice,
 balsamic
 Lemon and lime juice
 Herbs — parsley, basil, oregano, dill, rosemary,
 thyme
 Black pepper and red pepper flakes
 Garlic and onion powder

*For more heart healthy recipes, go to
uwhealth.org/gored*