



American Heart Association.

Healthy for Good™

# Heart-Healthy Essentials for Meal Prep

**For hassle-free healthy meal prep, be prepared with a stocked pantry.** Having some basic ingredients in your cabinets, refrigerator and freezer saves you time and worry on busy weeknights and even on weekends when you don't have time to grocery shop.



## Cabinets & Pantry

- ✓ **“Dinner builder” items:** canned or dried beans, such as kidney, pinto, black, butter and navy; canned or pouched tuna, salmon and chicken; spaghetti sauce
- ✓ **Canned vegetables:** for easy side dishes and adding to soups and sauces
- ✓ **Whole grains:** brown rice, oats, couscous, bulgur and quinoa; whole-grain pastas, breads and tortillas (store extra bread and tortillas in the freezer); whole-grain flour or cornmeal for baking
- ✓ **Cooking oils:** nontropical vegetable oils, such as olive, canola and corn
- ✓ **Nuts, seeds and nut butters:** for stir-fries and garnishes (and satisfying snacks)
- ✓ **Broths:** fat-free, low-sodium chicken, vegetable and beef — for making soups
- ✓ **Dried herbs and spices:** keep a variety on hand and buy or create salt-free seasoning blends



## Refrigerator & Freezer

- ✓ **Proteins:** Unbreaded fish fillets, skinless chicken breasts, extra-lean or lean meats; tofu
- ✓ **Dairy products:** low-fat and fat-free milk, yogurt and cheese
- ✓ **Soft margarine:** made with nonhydrogenated vegetable oil and containing no trans fat
- ✓ **Frozen vegetables and fruits:** choose a wide variety (lots of colors) without salty sauces and sugary syrups



## Compare Nutrition Labels

- ✓ **Choose products with the lowest amounts** of sodium, added sugars and saturated fat, and no trans fat
- ✓ **Look for the Heart-Check mark** to easily identify foods that can be part of your heart-healthy eating plan



For more tips, visit [heart.org/healthyforgood](http://heart.org/healthyforgood).

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