

TOP 10 Healthy Grocery Necessities

Eggs

Eggs are an inexpensive source of high quality protein, versatile, and good for any meal or snack. Egg yolks are uniquely high in choline, which helps normal cell activity, liver function, and is key in memory function.

- Boil for snacks or salads
- Egg and cheese on a tortilla
- Use in fried rice
- Make a batch of egg muffins

Beans

Beans, aka pulses or legumes, have many nutritional benefits that promote satiety which will power you through your busy day. They are a cheap plant-based protein source balanced with complex carbs and an excellent source of fiber. Stock a variety of beans such as garbanzo, black, cannellini, kidney, and lentils.

- Use in pasta sauce, salads, or smoothies
- Use in chili or lentil soup
- Add to salsa for veggie dip

Tuna

Omega-3 fatty acids are important for your brain, heart, and eye health. Marine sources of omega-3 are more potent than plant sources. Fresh or frozen salmon is an option but you can't beat canned tuna for its convenience and lower cost. Aim for two servings of fatty fish per week.

- Toss into salads
- Spread tuna salad on whole grain crackers

Nuts and Seeds

Nuts & seeds are packed full of key nutrients including protein, Vitamin E, folate, fiber, minerals as well as healthy fats, and are flavorful and satisfying. Enjoy these tiny but mighty plant food like almonds, peanuts, walnuts or seeds such as flax, chia, hemp, and sesame. Aim for a handful of nuts or a couple tablespoons of seeds every day.

- Sprinkle on salads, cereal, yogurt, or cottage cheese
- Pair with fruit/veggies for snacks
- Add chia or hemp seeds to smoothies
- Use in pasta dishes and baked goods

Greek Yogurt

Join the craze and enjoy Greek yogurt! The thicker and creamier texture packs 3x the protein of regular yogurt. The probiotics in yogurt aide in digestion, regulate bowel function and improved immune function.

- Swap for mayo, sour cream, or cream
- Try yogurt on oatmeal or baked potatoes
- Blend into smoothies

Frozen Berries

Fruit is healthy, but berries are extra powerful. Studies show that eating berries routinely can improve memory and slow down brain aging. Produce is frozen at the peak of ripeness so they retain their nutrients which is helpful for out of season purchases.

- Snack on frozen blueberries
- Blend into smoothies
- Add into oatmeal
- Top greek yogurt

Frozen Veggies

Prewashed, chopped, ready to cook, frozen veggies are a convenient way to work more produce into your diet. Achieve the recommended 2.5 cups of veggies per day by stocking your freezer with a variety of frozen veggies.

- Microwave for a quick side dish
- Add thawed corn and peas to salad
- Add to canned soup or mac-n-cheese

Oats

This whole grain is packed with minerals and heart healthy soluble fiber. One serving of oats a day can lower cholesterol levels. The fiber found in oats allows you to feel satisfied longer.

- Use in hot oatmeal
- Toss raw oats in yogurt
- Dip apples and peanut butter in oats
- Blend into a smoothie

Whole Grain Tortillas

Whole grain corn or whole wheat tortillas are not superior to other whole grains, but they make this list for their shelf life, versatility, and dollar value. Look for tortillas with a short ingredients.

- Roll them with peanut butter and a banana
- Fill with eggs and cheese
- Fill with refried beans and cheese

Tea

Fresh brewed black, green, or oolong teas exert more antioxidant power than many fruits and vegetables. The powerful antioxidants improve brain health and lower the risk for heart disease and cancer. The low dose of caffeine, along with the presence of L- theanine, promotes a state of calm attentiveness without the edginess of when consuming coffee and energy drinks.

- Make cold or hot
- Add mint or fruit
- Make a tea smoothie

Eggs

- Boil for snacks or salads
- Egg and cheese on whole grain tortilla
- Use in fried rice
- Make a batch of egg muffins

Canned Beans

- Use in pasta sauce, salads, and smoothies
- Use in chili or lentil soup
- Smash black beans and add salsa for veggie dip

Canned Tuna

- Toss into salads
- Spread tuna salad on whole grain crackers

Nuts and Seeds

- Sprinkle on salads, cereal, yogurt or cottage cheese
- Pair with fruit/veggies for snacks
- Add chia or hemp seeds to smoothies
- Use in pasta dishes and baked goods

Greek Yogurt

- Swap for mayo, sour cream, or cream
- Try yogurt on oatmeal or baked potatoes
- Blend into smoothies

Frozen Berries

- Snack on frozen blueberries
- Blend into smoothies
- Add into oatmeal
- Top greek yogurt

Frozen Veggies

- Microwave for a quick side dish
- Add thawed corn and peas to salad
- Add to canned soup or mac & cheese

Oat

- Use in hot oatmeal for breakfast
- Toss raw oats in yogurt
- Dip apples and peanut butter in oats
- Blend into a smoothie

Tea

- Make cold or hot herbal tea
- Cold brew tea with mint and fruit

Whole Grain Tortillas

- Roll them with peanut butter and a banana
- Fill with eggs and cheese for breakfast
- Top with refried beans and cheese