Power Packed Pantry

Free up some space in your pantry and make room in your fridge. Here are some basic nutrition necessities for your very own POWER PACKED PANTRY. Stock up on the foods below to help support healthy meals and snacks at home.

**Grains**
Make half your grains whole! Whole grains are full of B vitamins and provide the energy needed to start off the day.

- Whole grain cereal
- Brown rice
- Whole wheat pasta
- Granola bars
- Whole grain crackers
- Popcorn
- Oats/Oatmeal
- Whole wheat bread
- Whole wheat flour

**Vegetables**
Vary your veggies to get a variety of essential nutrients. Try canned, frozen, or fresh.

- Carrots
- Broccoli
- Cauliflower
- Onions
- Potatoes
- Tomato Sauce
- Green Beans
- Peas
- Corn
- Spinach

**Fruits**
Focus on fruits for fiber

- Frozen Fruit
- Canned Fruit (packed in its own juice)
- Applesauce
- Apples
- Oranges
- Lemons
- Dried Fruits

**Protein**
Protein is a building block for your body and your pantry. Stock up on both animal and plant protein sources.

- Nuts/Seeds
- Nut Butter
- Canned Beans
- Lentils
- Tofu
- Frozen Chicken
- Canned Tuna or Salmon

**Dairy**
Use dairy in small amounts.

- Cheese
- Yogurt (with live active cultures)
- Milk
- Milk Alternatives (Soy, Almond, Oat)

For breakfast, dinner and lunch—these foods will pack a powerful punch!

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Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu