

# Eat Right: Spring Cleaning for your Pantry





## Spring Clean Your Fridge and Freezer

Remember that old unhealthy food stored in the freezer from winter? Since the weather has changed, change the way your freezer looks. It's time to spring clean your fridge. Add some fun healthy foods that you can enjoy in the sun!



### Healthy Refrigerator



Keep healthy portable drinks on hand. Choose 100% fruit juice boxes with no corn syrup or artificial colors. Limit serving size to 4-6 ounces/day



Choose low fat protein sources. Try: 1% or skim milk, low-fat string cheese, cheese cubes and slices, unsweetened yogurt, low-fat cream cheese. Other healthy proteins include: eggs/egg substitutes, low-sodium, nitrate free deli meats.



Stock up on fresh fruits and vegetables in a variety of colors. Pre-slice and store in plastic bags for easy snacking.



Buy low-fat mayo and salad dressings. Opt for oil and vinegar based dressings like: Italian or balsamic vinaigrette. Remember, mustard is low in calories, and choose jam with no sugar added.

### Healthy Freezer



Keep an assortment of protein sources on hand like: chicken/turkey breast, pork loin, sirloin, or salmon. Bake, broil, grill, or roast for healthy meals.



Freeze in-season fresh fruits and vegetables and store for use in smoothies and meals throughout the entire year.



Create your own healthy frozen dinners by freezing left-overs in single serve portions. Try vegetarian products: soy chicken patties, veggie burgers, or soy bacon for protein sources with less fat and cholesterol.



Opt for frozen desserts that are lower in calories and fat such as: 100% fruit juice bars, low-fat frozen yogurt, low-fat ice cream, sorbet, or low-fat pudding bars.

