

# The Healthy Kitchen



**Your home is the best place to control what foods your family eats.  
It is much easier to make good choices when healthy food choices are around  
and when less healthy food choices are not.**

## **Fresh Fruits and Veggies**

(All types are okay, but here are some examples to get you started)

|                                   |                              |
|-----------------------------------|------------------------------|
| Oranges                           | Green beans                  |
| Melons                            | Broccoli                     |
| Pineapple                         | Carrots                      |
| Apples                            | Cauliflower                  |
| Grapes                            | Asparagus                    |
| Kiwi                              | Tomatoes                     |
| Canned fruits in 100% fruit juice | Squash                       |
| Peaches                           | Cucumbers                    |
| Pears                             | Red, yellow or green peppers |
| Berries                           | Spinach                      |

## **Dairy/Protein**

|                                       |                              |
|---------------------------------------|------------------------------|
| Greek or light yogurt                 | 1% or skim milk              |
| Low fat cheese/string cheese          | Hummus                       |
| 93% lean ground beef                  | Veggie burger                |
| Boneless skinless chicken             | Turkey or lean ground turkey |
| Salmon, Tuna, etc                     | Tofu                         |
| Beans- black beans, kidney beans etc. | Nuts/ Nut butter             |
| Eggs/egg beaters                      | Edamame                      |

## **Grains** (Look for 3 grams of fiber or more)

|                                     |                      |
|-------------------------------------|----------------------|
| Whole grain breads, pasta, crackers | Quinoa, barley       |
| Brown rice                          | Whole grain pretzels |
| Whole grain tortillas/pitas         | Oatmeal              |
| High fiber cereal                   | Light popcorn        |

## **Healthy Fats**

|                      |                           |
|----------------------|---------------------------|
| Light salad dressing | Canola/ Olive oil mayo    |
| Olive oil/Canola oil | Tub Margarine             |
| Avocado              | Nuts/ Nut butters         |
| Seeds                | Fatty fish (salmon, tuna) |

**Check out our Pinterest boards for healthy recipes!**



Go to [www.pinterest.com](https://www.pinterest.com) and search for:  
1. Nemours Pediatric Weight Management  
2. Nemours Adolescent Bariatrics



# What is lurking in your kitchen?



**Take a look around your home. If these foods are there consider removing them. You will find that not having them in the home will get your family to eat the other healthier foods in the home.**

## **Beverages**

Juice  
Gatorade  
Chocolate/Strawberry milk  
Soda

Hugs  
Hi-C, Kool-Aid  
Vitamin Water, Life Water, etc  
Capri Sun

## **Grains/Snacks**

Cookies  
Cakes  
Pop-tarts  
100 calorie packs  
Fruit snacks  
Potato chips (including baked)  
Cheetos  
Doritos  
Ramen Noodles

Donuts, Pastries  
Sugared cereal  
Candy  
French Fries  
Fritos  
Takis  
Cheez-its, Goldfish  
90 calorie bars

## **Dairy/Protein**

Whole milk, cream  
Ice cream  
Chicken wings  
Chicken nuggets/patties  
Hot dogs

Regular ground beef  
Pepperoni  
Regular cheese  
Frozen yogurt  
Bologna, salami

## **Other Unhealthy Foods**

Regular Pancake Syrup  
Shortening  
Regular mayonnaise

Butter  
Regular salad dressing  
Nutella

**It can be hard to always have enough money to buy healthy food for your family. For help call:**  
**2-1-1** (for 211.org to help you find different resources in your area)  
**1-866-3-HUNGRY** (for National Hunger Hotline to help you find food banks and other resources)  
**1-800-221-5689** (for Supplemental Nutrition Assistance Program to help you with food credits)

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