



# 8 TIPS FOR A HEALTHY AND ORGANIZED PANTRY

One of the best things you can do to stay on track is to have a pantry full of tasty, healthy and satisfying bites!

by Kristina Hallberg, RDN

## 1 GET ORGANIZED

Organize your space. That way you can see what you are looking for.

Organize in a way that works best for you. I place all meal ingredients together or like items together. For example - bfast goods, dry grains/rice, "snacky" foods, superfoods, spices & oils, canned goods together and so on.

## 2 CREATE A SNACK DRAWER

I like to keep all the snacks, like popcorn, crackers, and other "party" foods in a drawer so they are not front and center every time I open the pantry/cabinet door to grab something. This way you have to be very deliberate in snacking rather than seeing it and eating it mindlessly because it is there in front of you.

## 3 WHOLE GRAINS ONLY

Whole grains are the way to go if eating grains. They have more of the good stuff, fiber + protein + nutrients. Plus, they are more fun to cook with than their refined counterpart! Look for whole wheat pastas, whole wheat breads, quinoa, brown rice, oatmeal, buckwheat, millet, amaranth, and wild rice, to name a few.

## 4 KEEP NUTS ON HAND

Raw nuts are rich in energy, mono and poly unsaturated fats, fiber, protein, vitamins and minerals. They are great to snack on each day and help you feel satisfied and healthy. Keep your eye on portions as they add up quickly - a handful is perfect.

## 5 TRY MASON JARS

Mason jars of all types are great for dry goods. They are fabulous for organization, displaying healthy food and looking cute!

## 6 SUPER SNACKS

Eat superfoods for a powerful antioxidant bonus! My favorite staples include goji berries, hemp seeds and chia seeds. They can be added to all your favorite dishes and snacks.

## 7 TRY SOMETHING NEW

Refresh your pantry, fridge and freezer with fresh foods. Try one new food or new recipe each week. Give your taste buds a party and get out of eating the same old thing. Explore new adventures in healthy eating and living a healthy lifestyle.

## 8 GET RID OF THE JUNK

Load up your fridge with healthy fresh items and limit processed foods. Investing in your health now can pay dividends for the rest of your life. Think about one easy change you can start today to make your life deliciously healthy.

