




Stocking a heart-healthy kitchen

This guide will help you check what heart-healthy ingredients you already have and give ideas for affordable, everyday foods to stock in the kitchen. Pick options that fit your needs and budget. Aim to keep a mix of these items in your fridge, freezer, and pantry to have heart-health options available when you need them.

Fridge 	Pantry 
<p>Fruits & vegetables</p> <p>Fresh fruit and vegetables (buy in season to save money)</p> <p>Protein</p> <p>Tofu or tempeh Eggs Fresh fish (if available) Lean meats (buy bulk packets and freeze in smaller portions to save money in long-run)</p> <p>Dairy*</p> <p>Milk Cheese (look for lower-sodium choices) Unflavoured yoghurt</p> <p>Fats</p> <p>Avocado Olives Plant-based spreads (olive oil or canola spreads)</p> <p>Flavour</p> <p>Lemon or lime juice Fresh herbs, chilli, ginger, garlic (great for flavouring meals without added salt!)</p>	<p>Fruits & vegetables</p> <p>Canned fruit (choose varieties in natural juice) Canned vegetables (look for no added salt)</p> <p>Wholegrains</p> <p>Rolled oats Wholegrain breakfast cereals (lower-sugar options) Wholegrain bread (can also be stored in the freezer) Brown rice and other grains (like quinoa, barley, buckwheat, or polenta) Wholemeal pasta, couscous Wholemeal noodles (like brown rice or soba noodles) Wholemeal flour</p> <p>Protein</p> <p>Canned legumes (chickpeas, lentils, beans with no added salt) Canned fish (like tuna, salmon, or sardines in olive oil or water) Dried beans, chickpeas, lentils (cheaper if bought in bulk and soaked before cooking)</p> <p>Dairy*</p> <p>Powdered milk (affordable and lasts a long time) Long-life (UHT) milk</p>
Freezer 	<p>Fats</p> <p>Healthy oils (such as olive, canola, peanut, sunflower oil) Nut butters (unsalted and no added sugar options) Unsalted nuts and seeds</p> <p>Flavour</p> <p>Dried herbs and spices (adds flavour instead of salt) Pepper Vinegars (like apple cider, balsamic, or white) Condiments like mustard, salt-reduced sauces (keep these in the fridge after opening)</p>

*Those with high cholesterol or heart disease should choose reduced fat dairy products.

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