

Basic Foods for Cupboard, Fridge & Freezer Create Your Own List!

Lancaster County

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- Are you tired of all the planning, hunting and gathering needed to find the ingredients required for many recipes?
- Would you like to go to your cupboard, refrigerator or freezer and already have most — if not all — the ingredients needed to make a meal?

The following list of foods can be combined and recombined in a variety of new, delicious (and nutritious!) ways. They are offered as a “starter list” to help you begin developing a list that works for you:

- Add your own favorites.
- Check those that work for you.
- **Make your own personalized list!**



These foods are definitely NOT the only foods we should eat. They were picked because they’re commonly available and mix and match with a variety of other foods. Think of them as a basic wardrobe to which any number of clothing items can be added.

Lower fat and sodium forms of foods are mentioned in this list for use as desired.

FRUITS: FRESH, CANNED, FROZEN, DRIED

Fresh

- Apples
- Bananas
- Grapes, seedless
- Oranges

Canned

- Oranges, mandarin
- Pineapple, canned in juice (pineapple tidbits are a versatile form)

Frozen

- Berries, such as blueberries, raspberries, strawberries, etc.

Dried

- Raisins, dried cranberries, etc.

Other

- _____
- _____
- _____

VEGETABLES: FRESH, CANNED, FROZEN

Fresh

- Bell peppers
- Carrots
- Cabbage, shredded (may wish to buy smallest package size if cooking for just a few people)
- Lettuce, darker green varieties (Romaine, green leafy, etc.)
- Onion (sweet onions may be especially versatile if buying only an onion or two weekly; they're said to be less likely to make you cry and go well in many recipes)
- Potatoes (white and sweet)
- Tomatoes (cherry and grape tomatoes tend to have the best flavor when other tomatoes are out-of-season)

Canned

- Corn (no-salt-added forms available)
- Tomatoes, diced (no-salt-added forms available)

Frozen

- Corn
- Peas

Other

- _____
- _____

BREAD, CEREALS AND OTHER GRAIN PRODUCTS

- Bread, whole wheat (can purchase low sodium forms at some stores)
- Cereal (whole grain)
- Crackers (look for varieties that are whole grain and lower in salt)
- Oatmeal ("Old-fashioned" oatmeal is very versatile – simply pulse it a few times in a blender if a recipe calls for "quick oats.")

- Pasta (consider whole grain varieties)
- Rice (include some whole grain rice, such as brown rice)

Other

- _____
- _____

MEAT, POULTRY, FISH, DRY BEANS, EGGS AND NUTS

- Beans, canned or dry, such as Great Northern, navy, kidney, red, black, pinto beans, etc. (check for “no-salt-added” canned varieties)
- Beef, ground, 90-95% lean
- Chicken breast, skinless
- Eggs, large (“large” is suggested as many recipes are designed for use with this size)
- Fish (frozen fish fillets lend themselves to many quick meals; thaw overnight in the refrigerator in original package on a plate on bottom shelf for easy use the next day)
- Nuts, such as almonds, walnuts, etc.
- Peanut butter
- Pork loin chops, boneless
- Salmon (consider including canned and frozen forms of salmon in a basic stock of foods; canned salmon is available in water pack varieties and may be found canned without the skin, if desired)
- Tuna, canned (water pack and low sodium varieties are available)
- Turkey cutlets

Other

- _____
- _____

MILK AND MILK PRODUCTS

- Cheese, cheddar and/or other favorite varieties
- Ice cream or frozen yogurt, low fat or fat-free
- Milk, low fat or fat-free
- Yogurt, low fat or fat-free (vanilla-flavored yogurt is especially versatile; or add your own sweetener and vanilla to plain yogurt, if desired)

Other

- _____
- _____

OILS AND FOODS THAT ARE MAINLY OIL

- Extra virgin olive oil for dressings, dipping and drizzling
- Mayonnaise-type salad dressing (light and low fat forms available)
- Other oil for cooking: canola, corn, cottonseed, safflower, soybean, sunflower
- Soft (tub or squeeze) margarine with no *trans* fats

Other

- _____
- _____

SEASONINGS

- Black pepper (consider freshly ground black pepper)
- Chicken broth, low sodium
- Chili powder
- Cinnamon
- Garlic, fresh or dry (minced or powdered)
- Italian seasoning (can be used as a quick seasoning for salad dressings, soups, rubs for meat, etc.)
- Mustard, Dijon-type (can find no-salt-added forms in some stores)
- Rosemary, dried leafy (crush slightly right before using to release added flavor in recipes; an inexpensive mortar and pestle works well for this)
- Thyme, dried leafy (see note by rosemary on crushing just before using in recipes)
- Vanilla
- Vinegar (consider vinegars such as balsamic, red wine, cider, and white wine or rice vinegar — start with a small bottle and see which you use the most; vinegar easily lasts at least a year)

Other

- _____
- _____

SUGARS AND SWEETS

- Sugar, white granulated
- Sugar, brown

Other

- _____
- _____