



## Healthy Suggested Non- Perishables

- **Canned fish:** salmon, tuna or sardines (in water, not oil)
- **Canned meats:** chicken or turkey
- **Steel-cut oats**
- **Whole grain breakfast cereals** (3 grams of fiber or more per serving and less than 9 grams of sugar per serving. Examples include Cheerios and Kix)
- **Whole grain pastas:** whole wheat, brown rice flour or quinoa
- **Canned fruits** in natural juice or water with no added sugar
- **Canned vegetables** low salt or no added salt
- **Spaghetti sauce**
- **Canned or boxed low-sodium soups and stews** (with vegetables)
- **Dried or canned legumes:** peas, lentils or beans
- **Pureed foods:** sweet potato, pumpkin or applesauce with no added sugar
- **Low-fat dry or shelf-stable milk** (regular or non-dairy alternatives: un-sweetened almond milk, soy or coconut milk)
- **Nut butters:** peanut or almond butter with no added sugar
- **Coconut oil or olive oil** for cooking
- **Oil based salad dressings:** olive oil and vinegar or balsamic vinaigrette
- **Protein bars** (with at least 3 grams of fiber and 5 grams of protein. Under 200 calories. Ex: Luna Bar or Think Thin)
- **Fruit snacks or fruit leather** with no sugar added
- **Beef jerky**
- **Unsalted nuts**
- **Baked chips**
- **Whole wheat or whole grain crackers**



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