



Foods to know to make your foods healthier!

Cannellini beans- white Italian canned bean used to make hummus.

Find it - Vegetable aisle

Kosher salt- Larger grain size than table salt, has no additives such as iodine.

Find it- spices aisle

Artichoke hearts- thistle plant

Find it- olive and pickle aisle or canned vegetable aisle

Tuscan style foods- some of the best foods of Italy

Panko- Fine bread crumbs

Find it- In stuffing mix aisle

Quinoa- Good substitute for rice. Similar to buckwheat. High in protein.

Find it- Near the rice (dry packaged goods)

Flax seed- Good source of fiber and omega 3 fatty acids

Find it- Baking goods aisle

Chia seeds- food that is not processed, whole grain food grown in Mexico. Helps raise good cholesterol levels.

Find it- Near the flax seed in baking goods aisle

Raw cane sugar- High quality natural sugar (less processed)

Find it- Baking aisle

Almond butter- Food paste made from almonds and a good source of protein. (better source of fiber and healthy fats than peanut butter)

Find it- Next to the peanut butter

Almond meal- Ground from almonds, good source of protein, vitamin E and low in carbohydrates. Can use in place of flour.

Find it- in baking goods or organic foods aisle

Ezekiel bread- made of 6 whole grains, full of protein, Vitamins B and C and a great source of fiber.

Find it- Usually found with the frozen breads at Country Market and Meijer

Stevia- a sugar substitute from a South American plant, a popular natural food. Does not raise blood sugar levels like white sugar.

Find it- Baking goods aisle

Most of these foods can be found at your local grocery store, such as Country Market, Meijer, Walmart and some also can be found at Aldi.