



Palm Beach RD

Stock Your Kitchen

EATING FOR HEALTH

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Creating Your Environment

At **Palm Beach RD** we are all about sharing helpful resources that will create better health.

Eating well isn't about perfection, restrictions, or dramatic overhauls. It's about **building an environment** that makes the healthy choice the easy choice—one meal, one habit, one day at a time.

Think of this as your “environment reset”—a way to build a kitchen that **works for you** instead of against you. When your home is stocked with nourishing ingredients, balanced eating becomes automatic, and it's just what you do and who you are!

Table of Contents

● WHAT CONSTITUTES A HEALTHY EATING PATTERN?	Page
Daily Dietary Guidelines for Americans (DGA) food group recommendations for adults.	3
● PANTRY & FRIDGE ESSENTIALS	
Grains, pastas, herbs & spices.....	4-5
● FOOD SAFETY & HANDLING	
Kitchen tools for easier cooking.....	6

What to Eat...

Food Group	Daily Recommendation for Most Adults	What Counts as 1 Serving	Examples
Fruits	1½–2 cups/day	1 cup fresh/frozen; ½ cup dried; 1 cup 100% juice	Berries, bananas, apples, melon, oranges
Vegetables (includes greens & beans)	2½–3 cups/day	1 cup cooked; 2 cups raw leafy greens; 1 cup vegetable juice	Broccoli, spinach, kale, carrots, peppers, tomatoes, beans, lentils
Whole Grains	At least half of total grains should be whole (≈3–4 oz/day)	1 oz eq = 1 slice whole wheat bread, ½ cup cooked oats, ½ cup brown rice	Oats, quinoa, brown rice, whole wheat bread, popcorn
Dairy (or Fortified Alternatives)	3 cups/day	1 cup milk or yogurt; 1½ oz natural cheese; 1 cup fortified soy milk	Milk, yogurt, kefir, fortified soy milk, cottage cheese
Protein Foods (total, including lean meats, poultry, eggs, nuts, seeds, seafood, legumes)	5–6 oz equivalents/day	1 oz meat/poultry; 1 egg; ¼ cup cooked beans; 1 tbsp nut butter; ½ oz nuts/seeds	Chicken breast, lean beef, pork tenderloin, tofu, tempeh, beans, eggs
Seafood (subset of protein)	8 oz/week (≈1–2 servings)	3–4 oz cooked fish	Salmon, sardines, trout, tuna, shrimp
Healthy Fats (Fatty Acids)	Focus on unsaturated fats over saturated fats	Varies; replace rather than add	Olive oil, avocado, nuts, seeds, fatty fish
Refined Grains (<i>limit</i>)	Keep to less than half of grains	—	White bread, white rice, pastries
Added Sugars (<i>limit</i>)	<10% of total calories(≈ ≤ 50g/day on 2,000 kcal diet)	—	Sodas, desserts, flavored coffees, sweets
Sodium (<i>limit</i>)	<2,300 mg/day	—	Limit salty snacks, deli meats, processed foods



BEANS

Canned Beans

Chickpeas
Black
Cannellini
Kidney
Navy
Pinto
Lentils
Butter

Dried Beans

Lentils *
[green, black, red]
Chickpeas
Black
Cannellini
Kidney

SPICES/HERBS

Salt/pepper
Cinnamon
Vanilla
Ginger
Garlic
Onion
Oregano
Curry
Cumin
Turmeric
Chili flakes

WHOLE GRAINS

Brown rice
Quinoa [seed eaten as grain]
Whole-grain pasta/noodles
Wheat berries
Spelt berries
Oats
Wild rice
Buckwheat
Whole wheat or GF breadcrumbs

WET ITEMS

Vegetables

Tomatoes
[crushed, purée, chopped, whole]
Tomato sauce
Tomato paste
Sun-dried tomatoes
Roasted peppers
Green beans
Hearts of palm
Artichoke hearts
Mushrooms
Olives
Spinach
Canned chilis
Sweet potato purée
Pumpkin purée

Milks

Almond
Rice
Oat
Coconut [can & box]
Hemp

Vinegars

Red wine
Balsamic
Apple cider
Rice

LIQUIDS

Broths

Vegetable
Chicken
Mushroom

Oils

Olive
Coconut
Avocado
Grape seed
Sesame
Oil spray

FISH/MEAT

Salmon
Sardines
Tuna
Chicken

FLOURS/DRIED

Whole wheat or GF
Oat
Almond
Cassava
Coconut
Baking powder
Baking soda

NUTS/SEEDS

Loose

[raw, unsalted]

Walnuts
Almonds
Cashews
Pistachios
Chia seeds
Hemp seeds
Ground flax
Sunflower seeds
Pumpkin seeds

Butters

Peanut
Almond
Tahini
Seed



*Dried lentils cook quicker than other dried beans and are a pantry "must-have"

**Look for fruit canned in natural juices

REFRIGERATOR

Vegetables

Boxed or bagged greens:
Arugula
Kale
Shredded cabbage
Spinach
Spring mix

Loose greens:
Collards
Chard
Escarole
Iceberg
Kale
Romaine

Broccoli
Carrots
Cauliflower
Cabbage
Cucumbers
Eggplant
Green beans
Peppers
Zucchini

Fruits

Apples
Clementines
Grapefruits
Grapes
Lemons
Limes
Oranges

Condiments

Capers
Hot sauce
Mayonnaise
Mustard
Pickles
Tamari or soy sauce

Dairy / Eggs

Cheese
Eggs
Milks [inc. non-dairy]
Yogurt

FREEZER

Vegetables

Broccoli
Butternut squash
Cauliflower
Edamame
Green beans
Kale
Onion, chopped
Peas
Spinach
Vegetable medley

Fruits

Avocado
Berries
Cherries
Mango
Pineapple

Other

Basil cubes
[other herbs]
Brown Rice
Garlic cubes
Ginger cubes
Quinoa

Animal Proteins

Cod	Whole, parts, and ground:
Flounder	Chicken
Salmon	Beef
Shrimp	Lamb
Trout	Turkey

DRY STORAGE

Avocado [until ripe]	Potatoes
Bananas	Garlic
Citrus	Shallots
Melons	Sweet potatoes
Onions	Winter squash

Prepared Foods*

Cauliflower pizza crust
Bean/grain blends
Fruit pops
Vegetable burgers
Whole grain or gluten-free breads**
Whole grain waffles



*Read nutrition label to ensure quality ingredients

**For long-term storage of breads, freezing is recommended



Ready to Eat

The top of the refrigerator has an average temperature of 41°F. It's ideal for storing yogurt, cheese, and other ready-to-eat foods.

Ready to Eat

The middle of the refrigerator maintains an optimal temperature of 39°-41°F. It is ideal for storing leftovers, hummus, eggs, cooked proteins, and other packaged food.

Raw Meat, Poultry, & Fish

The lower levels of the refrigerator maintain a temperature of about 37°F. It is the best place to store raw animal proteins.

Vegetables & Fruits

The drawers have a slightly higher temperature of 44°-48°F with humidity regulated so vegetables and fruits stay crisp.

STORAGE TIMES FOR REFRIGERATED FOODS*

Raw ground beef, lamb, turkey, veal, pork	1-2 days	Soups and Stews	3-4 days
Fresh raw chicken or turkey, whole or parts	1-2 days	Cooked meat leftovers	3-4 days
Fresh eggs in shell	3-5 weeks	Deli Meats	Unopened packages, 2 weeks: Opened packages, 3-5 days

*vacuum-sealed packaged meats may have longer shelf times - check packaging for expiration dates

Criteria to help you analyze your goals and change them when necessary!

SPECIFIC:

What are you trying to accomplish? Use the "W"s to help be precise: who, what, where, when, why

MEASURABLE:

Including measures is important so you know how close you are to reaching your goals!

ACHIEVABLE:

Make sure you have resources to reach your goals and they are things you CAN make happen.

RELEVANT:

The goal should be relevant to YOUR needs and support your values and vision for the future.

TIMED:

Goals should have deadlines so you can review and revise when necessary, develop a schedule for your goals.

GOALS:

Examples: I will prepare two recipes from these ingredients within the next two weeks; I will purchase and prepare two low-glycemic vegetables this week; I will make hummus to enjoy as a snack this week

1. _____
2. _____
3. _____

TARGET DATES:

1. _____
2. _____
3. _____

Building a Healthy Meal Using Kitchen Zone Ingredients

Build three meals using ingredients from our virtual kitchen:

Refrigerator	Freezer	Pantry	Spice Area
Berries	Kale	Kidney beans	Garlic
Eggs	Strawberries	Tomatoes	Onion
Chicken	Carrots	Coconut milk	Oregano
Almond milk	Broccoli	Cashews	Thyme
Red pepper	Salmon	Quinoa	Cumin
Eggplant	Brown rice	Olive oil	Paprika
Feta cheese	Edamame	Tamari sauce	Curry powder
Cucumber	Cauliflower rice	Vegetable broth	Cayenne

Example: Vegetable Frittata

Ingredients used: eggs, red pepper, feta cheese, broccoli, olive oil, oregano