



Join [Healthy Eating on a Budget Challenge](#) – Health One Bite at a Time

Kitchen Staples

Pantry

Grocery Item	Health rating	How often do you buy it?	Price	Uses

Refrigerator

Grocery Item	Health rating	How often do you buy it?	Price	Uses

Freezer

Grocery Item	Health rating	How often do you buy it?	Price	Uses

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Health rating: The health rating is subjective and depends greatly on your nutritional goals and preferences. Please use common sense or research the Internet to decide how healthy or unhealthy a particular item is. If you have doubts or concerns please email me at **balanceinme [at] yahoo [dot] com** or ask your question in the comments on [BalanceInMe](#).

3- excellent - minimally processed, low in saturated fat, doesn't contain trans fats, low in sodium and sugar, natural ingredients, contains a variety of nutrients. Examples: oats, fresh or frozen vegetables, natural (preferably) organic poultry etc.

2- golden middle – may contain slightly higher levels of sugar or salt (like canned tomatoes as opposed to fresh tomatoes), include some preservatives (like cottage cheese), be a little higher in saturated fats and cholesterol. These foods are generally somewhat processed but still pack a ton of nutrients.

1- junk food that is highly processed and contains pretty much nothing except for sugar, sodium, refined carbs and fat. Examples: candy bars, sodas, bologna etc.

Uses: Please think of as many uses as possible for each item on your list. This is necessary to figure out how important this particular item really is for you and how you can maximize its use to improve your health and your budget.