



American Heart Association®
Heart Challenge™

STOCKING A HEALTHY PANTRY

North Country Heart Challenge



HEALTHY DRINKS

Water • 100% Fruit juice • Low-fat, powdered milk

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WHOLE GRAINS

Whole wheat pasta • Whole wheat crackers •
Whole grain cereals • Brown rice •
Whole grain, natural granola bars

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POWERFUL PROTEINS

Unsalted nuts • Natural peanut butter •
Canned meat (tuna, chicken, etc.), no added sodium •
Beans, dried or no-sodium

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CANNED AND DRY GOODS

Canned vegetables, no added sodium • Canned fruit in 100% fruit juice •
Natural applesauce • Soups – low or no sodium •
Dried fruit, no added sugar • Healthier cooking oils (olive oil)

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