




Written for women, by women.
Featuring notes by Lysa TerKeurst, the NIV Real-Life Devotional Bible will inspire you to live a lifestyle that mirrors the Proverbs 31 woman.




CLICK TO LEARN MORE
 ZONDERVAN BIBLES

HOME • INSPIRATION • STYLE • HEALTH • LIFESTYLE • CAREER & MONEY • RELATIONSHIPS • ANGELIA'S BLOG


Home > Lifestyle > Food > Behind Closed Doors


Behind Closed Doors

By Lisa Marie Metzler on April 9, 2013

 Like 1

 Tweet 7

 Pin it

 +1 +1



Home is Where the Health Is!

It's time for a fresh start! Most of us are already in the *refresh* and *renew* mindset with spring here, so what better time to evaluate what's in our pantry? One way to start eating healthier is to remove tempting foods filled with fat and sugar. If you're pantry is filled with chips and cookies it will be harder to resist temptation. "For those just starting to eat healthy, the old adage 'Fail to plan and you plan to fail,' could not be truer," says Dr. Janet Brill, nutritionist and author of *Blood Pressure Down: The 10-Step Program to Lower Your Blood Pressure in 4 Weeks—Without Prescription Drugs* (May 2013). "The best way to prepare for healthy eating is to have a stocked and organized healthy pantry and refrigerator," says Dr. Brill. There are plenty of opportunities outside the

house to indulge in your favorite snacks or meals so if those treats aren't in the house it will be easier to eat healthy at home.

Pantry in Progress

If you've just made the decision to start eating healthy, ease into it and introduce new foods slowly or go *half-n-half* on some foods. For instance, if your family has been eating white pasta, try adding half wheat or veggie pasta to the white.

Dr. Brill suggests avoiding foods with trans fat. If the ingredients on the label list *shortening*, *partially hydrogenated* or *hydrogenated*, don't buy it. Be aware of sodium content which is often high in canned soups, sauces and condiments. Don't be fooled by low-fat, which sometimes means more sugar to replace the taste of the fat.

PANTRY SHOPPING LIST

Oils: Extra virgin olive oil, canola oil, Artesian oils and cooking sprays. Make fresh and tasty salad dressings by stocking a variety of vinegar's, oil and herbs Dr. Brill suggests fine vinegar's, rice vinegar, dry sherry and wine for cooking.

Whole Grains: Oatmeal, whole-grain cereals, barley, pasta, brown rice, wild rice, quinoa and bulgar.

Legumes: Low-sodium canned beans – like chickpeas, black beans, kidney and pinto and dried beans such as lentil and peas. "These are fiber-rich and antioxidant-packed lean sources of protein," says Dr. Brill. "Chickpeas for salads and packets of dried beans and lentil for adding fiber and protein to pasta."

Fruits and Veggies: 100% fruit juice and canned fruit. Low-sodium canned veggies, including diced tomatoes and paste for sauces.

Protein: Canned, water-packed tuna, salmon and clams.

Broth: Reduced-sodium and low-fat chicken, beef and vegetable. "Use for steaming vegetables, flavoring soups, and other healthy cooking techniques," suggests Dr. Brill. Replace water with broth when cooking brown rice and quinoa.

Spices/Herbs/Condiments: Herbs and spices often have antioxidants and add flavor without adding salt. Also stock up on mustard's, vinegar, reduced sodium soy sauce and hot sauce.

Baking Necessities: Whole-wheat flour and white flour. Adding some wheat flour to pizza dough makes it healthier, while still being tasty for the family. Flaxseed meal and almond meal/flour are other healthy alternatives.

Snacks: Popcorn kernels to air pop, dark chocolate, dried fruits (no added sugar), salsa, baked chips, whole-grain crackers, whole wheat pretzels and nuts.

These are just a few suggestions. Let us know what you have in your healthy pantry!

CONNECT WITH:



Powered by [OneAll Social Login](#)

POLLS

When it comes to dating, what builds confidence?

- ☐ asking a man out
- ☐ having a man ask you out
- ☐ feeling physically beautiful
- ☐ being able to pay for the first date

Vote

[View Results](#)

[Polls Archive](#)

VISIT HFW ON FACEBOOK

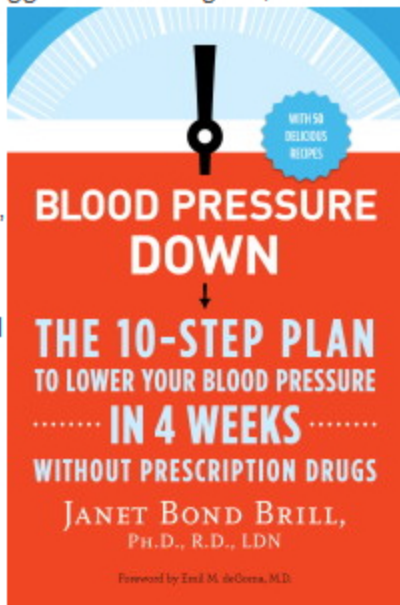
Find us on Facebook

 **Hope for Women Magazine**


7,044 people like Hope for Women Magazine.



 Facebook social plugin





About Lisa Marie Metzler