

Fit & Lean in 2014

6.1: Kitchen Makeover Tips

A kitchen makeover helps you plan and structure healthy eating. You have enough education in nutrition at this point to be able to understand what food is nutritionally beneficial for you and your household and what isn't.

We know - wasting food is wrong. However, food should be healthy & nutritious. If the item has some redeeming nutritional qualities, feel free to donate it to your local food bank. Here is a list of foods we shouldn't see in your fridge or pantry!

- Chips & cheesies
- Processed meats (hot dogs, bacon, most deli meats)
- Chocolate or candy (dark chocolate - 70% cocoa or more, is ok)
- Soda pop/sweetened drinks
- Instant foods like mashed potatoes, ground beef "helper" and cake mix.
- Hydrogenated margarines
- Most frozen dinners
- Spreads such as Cheez Whiz or full fat cream cheese
- Most breakfast cereals
- Flavoured nuts (beer-nuts, honey-roasted nuts)
- Sweetened yogurt
- Ice cream
- Baked goods
- Any bread items not made exclusively of whole-grains

When in doubt - read the label!

Refer back to handout 3.3 if you aren't sure what you should be looking for!

