

Fiberize your kitchen

To stock your kitchen with whole grains and fiber-containing foods from cupboard to refrigerator to freezer, use this handy list to get started, suggests Anita Kobuszewski, RD, author of *Food: Field to Fork, How to Grow Sustainably, Shop Wisely, Cook Nutritiously, and Eat Deliciously*. She reminded, “Remember—nutrition doesn’t begin until the food passes your lips.”

- Fresh and canned fruits and vegetables
- Dried fruits such as raisins and cranberries
- Preserves made with whole fruit
- Whole wheat, rye, cornmeal, soy, and buckwheat flours
- Whole-grain and fortified breads, crackers, bagels, and 100% whole wheat or whole-grain rolls
- Ready-to-eat fortified and whole-grain breakfast cereals
- Cooked cereals including quick-cooking whole-grains like oatmeal and quinoa
- Brown long-grain, brown short-grain, and wild rice
- Whole-grain spaghetti, macaroni, and other pastas
- Corn and whole wheat tortillas
- Air popped popcorn and lower fat microwave varieties
- Canned or dried garbanzo beans, pinto, black and lima beans; split peas, and black-eyed peas; refried beans, hummus
- Peanut butter
- Nuts (such as pecans, almonds, and walnuts) and seeds (such as flax seed, sesame, pumpkin, and sunflower seeds)
- Vegetable soups, chili with beans, minestrone
- Canned or frozen vegetarian dishes such as chili or cheese lasagna

