

STOCK A HEART-HEALTHY PANTRY

When you stock it right, your pantry can not only help you whip up a quick meal, but it can also support your heart health. Here's what to have on hand.

CANNED FRUITS

Choose fruits packed in their own juice or water (without added sugar) for fiber that benefits cholesterol.



CANNED VEGETABLES

Rinse off the veggies to lower the amount of salt so you don't go over the 1,500 mg daily heart-healthy limit.



CANNED BEANS

Black beans, chickpeas, and kidney beans are high in fiber and protein, which help keep blood sugar levels stable.



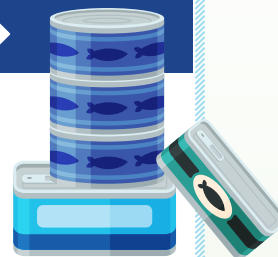
CANNED TOMATOES

Make your own tomato soup or chili with canned tomatoes, which contain the heart-protective antioxidant lycopene.



CANNED FISH

Canned fish in water, like tuna or salmon, is rich in omega-3s, which can reduce inflammation and lower heart disease risk.



COOKING OILS

Pick liquid oils like canola, corn, olive, soybean, and sunflower—they're lower in saturated fat than coconut oil and other tropical oils.



WHOLE GRAINS

From brown rice and oats to couscous and quinoa, whole grains bring flavor to any meal and offer fiber that lowers your risk for heart disease.



BEING CAN CONSCIOUS

Canned food options are a great way to get in all your nutrients. Plus, they have a longer shelf life. Look for labels like sodium-free and no salt added, and skip cans that have bulges, dents, or leaks—imperfections make it easier for bacteria to grow.

