

PANTRY LIST

Everyday Athlete

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PRODUCE

RDN Tip: buy seasonal and stock-up
Fresh, canned, or frozen

- Berries and cherries
- Stone fruit, apples, pears
- Citrus
- Dark leafy greens (kale, spinach, arugula, chard)
- Root vegetables (beets, carrots, radish, turnips)
- Garlic, leeks, onion

DAIRY

RDN Tip: check the nutrient facts panel on alternative milks, many are lower in protein, calcium, and vitamin D than dairy milk.

- Dairy milk (skim, 1%, or 2%) or non-dairy milk (soy, oat, flaxseed)
- Yogurt (<10g added sugar)
- Cheese

BEANS/ LEGUMES

RDN Tip: choose canned or dry

- Lentils
- Canned, low-sodium beans
- Edamame

RDN Tip: Build a meal with multiple food groups for maximum nutrient diversity and to increase satisfaction and fullness. Choose a combination of vegetables, whole grains or starchy vegetables, protein, and fat whenever possible. Increase starchy vegetables, whole grains, and protein on hard training days and replace some starchy vegetables and grains with non-starchy vegetables and proteins on lighter training days.

GRAINS

RDN Tip: choose whole grains where possible - aim for 50% of grains to be whole grains

- Whole grain bread (3g fiber/slice or more)
- Quick-cooking whole grains (barley, brown rice, farro, kamut, quinoa)
- Whole grain pasta
- Whole grain cereal (<10g added sugar/serving)
- Oats

PROTEIN

RDN Tip: avoid processed meats the majority of the time

- Lower saturated fat meats (chicken, turkey, fish)
- Lower sodium meat alternatives (tofu, seitan, tempeh)

FATS/ OILS

RDN Tip: limit saturated fats from coconut oil, palm oil, butter, heavy cream, etc.

- Olive oil, avocado oil
- Nuts/Seeds
- Nut butters