

Nourished Kids 2019
Refrigerator/Freezer Checklist

Directions: Circle each conventional food item that you find in your refrigerator and freezer today. Then highlight those items that you most want to eliminate. Feel free to add any items not listed here, and make a note of foods you really love but would be willing to trade in for healthier alternatives. We will tackle this in Week 3.

Low-fat and skim milk

Sweetened yogurt and/or low-fat yogurt

Processed cheeses (individually wrapped and/or sold in a carton or container is usually a telltale sign)

Processed meats with chemical preservatives and artificial flavorings/colorings (hotdogs, chicken nuggets, fish sticks, some sausages and bacon)

Ready to eat breakfast items: sandwiches, pastries, waffles, pancakes, hash browns, hot pockets

Ice Cream

Frozen yogurt

Frozen baked goods

Popsicles, Push Up Pops, or other sweetened frozen fruit products

TV microwave dinners