HEALTHY PANTRY
FOOD BASICS

Canned Foods
• Canned vegetables (less salt/sodium)
• Canned tomatoes (no salt added): sauce, diced, spaghetti sauce, paste, whole
• Canned beans: black, kidney, pinto, cannellini, chickpeas
• Canned fruit in water or 100 percent juice (no sugar added)
• Canned soups and broths: low sodium and low-fat varieties
• Canned fish: tuna packed in water, salmon
• Canned milk (low-fat or fat-free): sweetened condensed, evaporated

Breads
• Whole wheat or whole grain bread (freeze if not used right away)
• Tortillas: corn or whole wheat*
• English muffins: whole wheat
• Small bagels, whole wheat
• Crackers: whole wheat

Cereals
• Oatmeal, rolled or steel cut oats
• Cereals with less than 6 grams sugar per serving

Miscellaneous
• Peanut butter (just made with peanuts is best)
• Jelly and/or jams
• Honey
• Popcorn
• Dried fruits: raisins, plums, apricots, cranberries

Oils and Vinegars
• Nonstick cooking spray
• Cooking oils: canola, olive, peanut, sesame
• Vinegars: white, red wine, balsamic, apple cider

Condiments
• Ketchup
• Mustards: yellow, Dijon, whole grain
• Pickles and olives
• Relish
• Light or low-fat mayonnaise
• A1 Steak Sauce
• Worcestershire sauce
• Tabasco or hot pepper sauce
• Salsa
• Low-sodium soy sauce
• Horseradish
• Barbecue sauce

Herbs and Spices
• Pepper, garlic powder, onion powder, basil, thyme, oregano, cumin, crushed red pepper, ginger, rosemary, mint, curry, dill weed, cayenne, paprika, cinnamon, cloves, nutmeg

Beverages
• Juice, 100 percent natural, fruit or vegetable*
• Dry powdered milk
• Green tea, other assorted tea
• Hot chocolate or cider mix
• Seltzer water

Dry Goods
• Rice: brown, white, wild
• Pasta: whole wheat in variety of shapes and sizes
• Dry Beans: pinto, black, navy, white, mixed
• Legumes and grains: lentils, split peas, barley

Baking Supplies
• Flour: white, whole wheat
• Sugar: white, brown, powdered
• Sugar substitute
• Pancake mix
• Pancake syrup
• Baking powder
• Baking soda
• Baking chocolate
• Chocolate chips
• Nuts: almonds, walnuts, pecans, pine, peanuts, sunflower seeds
• Baking mixes: cake, cookie, cornbread, muffin, brownies
• Vanilla extract
• Salt
• Cornstarch
• Corn meal
• Bread crumbs or Panko

Vegetables
(Store in a dark place, like pantry)
• Potatoes: Russet, Red Rose, sweet
• Onions: red, white, yellow

HEALTHY REFRIGERATOR BASICS

Refrigerated Dairy and Meats
• Milk: low or reduced fat, fat-free
• Cheese: Monterey Jack, low-fat cheddar, feta, mozzarella
• Low-fat yogurt: plain, flavored
• Reduced fat sour cream
• Reduced fat cream cheese
• Low-fat cottage cheese
• Large eggs
• Lean deli meats: chicken, turkey

Fresh Produce
• Vegetables: carrots, Romaine lettuce, broccoli, celery
• Fruits: variety, eat thin skinned fruits first
• 100 percent fruit juice, like orange juice
• Prepared fresh vegetables: Baby carrots, slaw mix, prewashed salads
• Garlic

Freezer
• Frozen vegetables you like
• Fruits: blueberries, strawberries, other fruit
• 100 percent juice concentrate
• Lean meats and seafood
• Frozen waffles
• 100 percent fruit bars, light ice cream
• Chicken breasts

* Needs refrigeration once opened