

# HEALTHY PANTRY FOOD BASICS

Use the list below to keep a selection of healthy foods that you like and will use

## 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 9 grams sugar per serving



### MISCELLANEOUS

Peanut butter (just made with peanuts is best)

Jelly and/or jams (no sugar added)

Honey

Popcorn

Unsweetened dried fruits: raisins, plums, apricots, cranberries, etc.

Dry powdered milk



### OILS & VINGARS

Nonstick cooking spray

Cooking oils: canola, olive, peanut, sesame

Vinegars: white, red wine, balsamic, apple cider

### CONDIMENTS



Ketchup

Mustards: yellow, Dijon

Pickles and olives

Light or low-fat mayonnaise

A1 Steak Sauce

Worcestershire sauce

Tabasco or hot pepper sauce

Salsa

Low-sodium soy sauce

Barbecue sauce

### HERBS & SPICES

Salt free seasoning (Mrs. Dash), Pepper, garlic powder, onion powder, basil, thyme, oregano, cumin, crushed red pepper, ginger, rosemary, mint, curry, dill weed, cayenne, paprika, cinnamon, cloves, nutmeg

### BEVERAGES

No sugar added tea (green, black, etc)

Juice, 100 percent natural, fruit or vegetable\*

Green tea, other assorted tea

Seltzer/Sparkling 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

Baking powder

Baking soda

Nuts: almonds, walnuts, pecans, pine, peanuts, sunflower seeds

Baking mixes: cornbread, muffins

Vanilla extract

Salt

Cornstarch

Corn meal

Breadcrumbs 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

Reduced fat sour cream

Reduced fat cream cheese

Low-fat cottage cheese

Eggs

Lean deli meats: chicken, turkey



#### FRESH PRODUCE

Vegetables: carrots, broccoli, celery, leafy greens (lettuce, spinach, etc.)

Fruits: variety

Prepared fresh vegetables: Baby carrots, slaw mix, prewashed salads

#### FREEZER



Frozen vegetables you like

Fruits: blueberries, strawberries, other fruit

100 percent juice concentrate

Lean meats, poultry, and seafood

100 percent fruit bars, light ice cream, low fat-yogurt ice cream

\* Needs refrigeration once opened