

Healthy Pantry Basics:

Herbs & Spices (fresh/dried)

- Basil
- Bay leaf
- Black pepper
- Cinnamon
- Garlic powder
- Ginger powder
- Italian seasoning
- Mint
- Mustard
- Nutmeg
- Rosemary
- Sea salt
- Vanilla extract

Nuts & Seeds

- Almonds
- Cashews
- Flaxseed
- Pecans
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

Dried Fruits

- Raisins
- Dried cranberries
- Dried apricots

Whole Grains & Legumes

- Brown rice, Wild rice
- Barley/Millet/Quinoa
- Lentils & Dried beans
- Oats-Steel cut, rolled
- Popcorn

Grain Products

- Whole Wheat flour
- Whole Wheat Pasta (different shapes)
- Couscous
- Cereal (>3g fiber, <10g sugar per serving)
- Whole Grain Crackers (e.g. Ak-Mak)

Oils & Condiments

- Extra virgin olive oil (cold pressed ideally)
- Canola oil
- Honey
- Low Sodium Soy Sauce
- Maple Syrup (pure)
- Raw/Brown sugar
- Sesame Oil
- Tahini paste
- Vinegar (balsamic, red wine, rice etc)

Canned & Bottled Goods

- Artichoke Hearts
- Boxed Soups (low-sodium)
- Canned beans-chickpeas/garbanzos, black beans, white beans/cannellini, soybeans (look for BPA free cans e.g. Eden Organics)
- Chicken/Vegetable broth-low sodium
- Fruit (e.g. Mandarin slices- in juice vs. syrup)
- Non dairy Milks - Almond, Hemp, Oat, Rice, Soy (unsweetened ideal, boxes have shelf life)
- Nut butters-100% peanut/almond butter
- Sardines
- Tofu in Aseptic carton
- Tomato paste (can or tube)
- Tomato sauce (low sodium)
- Tomatoes (crushed, diced, whole, no +salt)
- Wild Salmon (from Alaska or Pacific NW)