

Building a Healthy Pantry



Basics	Condiments	Snacks
<ul style="list-style-type: none"> • black peppercorns • canola oil • extra virgin olive oil • fresh garlic • fresh lemon or from concentrate • iodized salt • vinegars: apple cider, rice-wine, red-wine, or balsamic 	<ul style="list-style-type: none"> • fat-free sour cream or low-fat, plain Greek yogurt • hot sauce, chili paste or chili sauce • jelly, jam or preserves • ketchup • low-fat mayonnaise • low-sodium soy sauce or tamari • mustard • pickles 	<ul style="list-style-type: none"> • dried fruit: apricots, cherries or raisins • natural almond or peanut butter • nuts: almonds, pistachios or walnuts • oats: old-fashioned or steel cut • popcorn kernels • seeds: sunflower, flax, chia, or hemp • tortillas: corn or whole wheat • unsweetened applesauce • whole-grain crackers
Dried Herbs and Spices	Rice and Grains	Canned Goods
<ul style="list-style-type: none"> • bay leaves • cayenne pepper • chili powder • crushed red pepper • curry powder • dried onions • fennel or dill seed • granulated garlic • ground cinnamon • ground cumin • ground ginger • ground nutmeg • Italian seasoning blend • oregano • paprika • rosemary • sesame seeds • thyme 	<ul style="list-style-type: none"> • brown or black rice • grains: bulgur, quinoa, couscous, farro, barley • lentils • polenta • unseasoned breadcrumbs: plain or panko • whole-grain pasta 	<ul style="list-style-type: none"> • chiles: chipotles in adobo or pickled jalapenos • light coconut milk for Asian curries and soups • low or no-salt added beans • low-sodium broth: chicken, beef or vegetable • no-salt added tomatoes: diced, stewed or paste • olives or capers • salsa • tuna in water
	Sweeteners	Baking
	<ul style="list-style-type: none"> • 100% fruit juice concentrate • 100% maple syrup • agave syrup • brown sugar • granulated sugar • raw honey • stevia 	<ul style="list-style-type: none"> • baking powder • baking soda • chocolate: chips or bar, 60–72% cacao • cocoa powder (unsweetened) • cream of tartar • flour: all purpose, whole wheat or pastry • vanilla extract