

Healthy Pantry List

Keep these items on hand for quick, easy cooking. While fresh fruits and vegetables are best (taste and nutrient value), it is always good to have frozen or canned on hand when shopping time is limited.

- Applesauce – unsweetened
- Baking cocoa – unsweetened
- Baking powder, baking soda
- Breadcrumbs
- Canned beans - garbanzo, kidney, black, navy, nonfat refried) reduced sodium or look for > 350 mg/ serving
- Canned fruits (pineapple, peaches, pears, apricots)
- Canned vegetables (corn, green beans, beets, peas, bamboo shoots, water chestnuts, artichoke hearts in water) reduced sodium or look for > 350 mg sodium per serving
- Cheese – lowfat / nonfat (Cheddar, Swiss, Jack, Mozzarella, Parmesan)
- Chicken and Vegetable broth – fat free, low or reduced sodium
- Cornstarch
- Dried beans and legumes (black and red beans, red and green lentils, split peas)
- Dried fruit – raisins, dates (without sugar)
- Dry herbs and spices (basil, bay leaves, cayenne, cinnamon, cloves, coriander, cumin, dill dry mustard, fennel seeds, garlic powder, ginger, ground chilies, mint, nutmeg, (Nutrific Cuisine – Calypso, Garden Herb, Mediterranean Salt Free Blends) oregano, red pepper, rosemary, tarragon, thyme, turmeric, white pepper)
- Dry pasta, preferably whole grain (fusilli, farfalle, lasagna noodles, yolk free egg noodles)
- Egg substitute
- Canned evaporated fat free milk
- Flour (whole wheat, unbleached all purpose)
- Frozen fruits (berries) and fruit juice concentrate (apple, orange, pineapple)
- Frozen vegetables (green beans, corn spinach, broccoli, peas, mixtures)
- Garlic – fresh or chopped / crushed in a jar (no oil or salt added)
- Gelatin – unflavored
- Honey
- Horseradish
- Jam – no sugar or added preserves

- Bottled juice – lemon, lime, low sodium V8, 100% juice blends
- Margarine – lowfat/nonfat (tub-style, spray, no trans fat/hydrogenated oils)
- Mayonnaise – fat free
- Mustard – regular, Dijon
- Oils – in spray form and bottle (canola, extra virgin olive, sesame)
- Peanut butter – natural, reduced fat
- Potatoes
- Rice (brown, white, wild and fragrant)
- Rolled oats – regular, quick, steel cut
- Sauces (Tabasco, Worcestershire, oyster, low sodium soy)
- Semi-sweet chocolate chips
- Sesame seeds
- Sour cream – nonfat
- Soy or rice milk
- Spaghetti sauce – reduced or fat free, low sodium
- Sugar (brown, granulated and confectioners)
- Tofu – lowfat
- Tomato – puree, crushed and diced, canned varieties, ketchup
- Vanilla extract
- Vegetarian bouillon cubes/powder – low sodium
- Vinegars (balsamic, red and white wine, apple cider, unseasoned rice)
- Whole grains (barley, bulgur, buckwheat, couscous, millet, cornmeal)
- Yogurt – nonfat plain and fruit flavored