

PANTRY GUIDE

Minimally processed, organic

Spices and Condiments

- Cayenne
- Cinnamon
- Garlic powder
- Ketchup, low sodium
- Mustard
- Onion powder
- Oregano
- Parsley
- Pepper
- Salt, fine sea and iodized
- Soy sauce, low sodium
- Teriyaki sauce, low sodium
- Turmeric
- Worcestershire sauce, low sodium

Refrigerator Staples

- Butter
- Carrots
- Celery*
- Eggs
- Feta
- Garlic
- Ginger
- Lemons
- Milk, whole
- Parmesan
- Onions
- Yogurt

Vegetable Staples (in season, organic, frozen)

- Apples
- Avocado
- Bananas
- Cauliflower
- Lettuce*
- Oranges
- Squash
- Tomatoes—also canned-diced, sauce, paste
- Yams/sweet potatoes

Meats/Seafood (pasture raised, organic if available)

- Chicken, dark meat
- Crab
- Beef/bison
- Fish**—wild salmon
- Shrimp

Baking

- Baking soda
- Baking powder, no aluminum
- Coconut milk
- Dried fruit: apricots, dates, figs, raisins
- Flour: whole wheat (brown or white), oatmeal (cereal can be made into flour), almond
- Nuts/seeds: walnuts, almonds, peanuts
- Whole grains: quinoa, brown rice, oats
- Beans, dried: chick-peas, black, cannellini

Sweeteners (check for added sugars; get minimal)

- Black strap molasses
- Coconut palm sugar
- Maple sugar
- Honey, raw, local is best

Oils

- Avocado
- Coconut
- Extra virgin olive
- Safflower

Tips:

- * Shop the perimeter of the store.
- * Look for “whole” foods—not low calorie, low fat; these have chemically altered ingredients.
- * Watch for added sugars; get minimal.
- * If not in season (i.e. fresh), buy frozen foods.
- * The fewer number of ingredients, the better.
- * Remember: Your body needs carbohydrates, protein, and fat in your diet; look for the healthy and nutritional ones.

*<https://www.ewg.org/foodnewsdirty-dozen.php>

** www.seafoodwatch.org