

# Pantry Checklist

Consider building your pantry with these ingredients for healthy cooking at your fingertips.

## Canned

- Tomato products (no-salt-added)
  - ☐ Diced tomatoes
  - ☐ Italian diced tomatoes
  - ☐ Tomato paste
  - ☐ Tomato sauce

## Other Vegetables

- ☐ Artichoke hearts
- ☐ Chopped green chilies
- ☐ Pumpkin puree
- ☐ Roasted red peppers
- ☐ Miscellaneous vegetables (no-salt-added)

## Beans (no-salt-added)

- ☐ Black beans
- ☐ Chili beans
- ☐ Garbanzo beans or chickpeas
- ☐ Kidney beans
- ☐ Refried beans

## Fruit (100% juice or light syrup)

- ☐ Unsweetened applesauce (in individual cups)
- ☐ Miscellaneous fruit

## Broth

- ☐ Reduced-sodium beef broth
- ☐ Reduced-sodium chicken broth
- ☐ Vegetable broth
- ☐ Reduced-sodium and sodium-free beef bouillon
- ☐ Reduced sodium and sodium-free chicken bouillon

## Seafood (look for lower sodium varieties packed in water)

- ☐ Tuna
- ☐ Salmon

## Baking

- Flour
  - ☐ All-purpose
  - ☐ Cake
  - ☐ White whole wheat
  - ☐ Whole wheat

## Sugar

- ☐ Brown
- ☐ Confectioners'
- ☐ White

- ☐ Almond extract
- ☐ Vanilla extract
- ☐ Baking powder
- ☐ Baking soda
- ☐ Cornstarch
- ☐ Oats – quick and old-fashioned
- ☐ Semisweet chocolate chips
- ☐ Unsweetened cocoa powder
- ☐ Yellow cornmeal

## Condiments

- Oil
  - ☐ Canola
  - ☐ Olive
  - ☐ Sesame

## Vinegar

- ☐ Balsamic
- ☐ Cider
- ☐ Rice
- ☐ White
- ☐ White wine
- ☐ Green olives
- ☐ Ripe olives
- ☐ Honey
- ☐ Molasses
- ☐ Peanut butter
- ☐ Salsa
- ☐ Sherry
- ☐ Spaghetti sauce
- ☐ Sun-dried tomatoes

## Pasta & Grains

### Pasta (whole wheat or multigrain)

- ☐ Bow ties
- ☐ Elbows
- ☐ Penne
- ☐ Spaghetti

### Rice

- ☐ Brown – long grain and instant
- ☐ White – long grain and instant
- ☐ Wild

### Barley – quick and medium pearl

- ☐ Bulgur
- ☐ Lentils
- ☐ Quinoa

## Dried Herbs & Spices

- ☐ Basil
- ☐ Bay leaves
- ☐ Cayenne pepper
- ☐ Chili powder
- ☐ Cinnamon
- ☐ Cloves
- ☐ Coriander
- ☐ Crushed red pepper flakes
- ☐ Cumin
- ☐ Curry powder
- ☐ Dill weed
- ☐ Garlic powder
- ☐ Ginger
- ☐ Ground mustard
- ☐ Marjoram
- ☐ Nutmeg
- ☐ Onion powder
- ☐ Oregano
- ☐ Paprika
- ☐ Poppy seeds
- ☐ Rosemary
- ☐ Sage
- ☐ Sesame seeds
- ☐ Tarragon
- ☐ Thyme
- ☐ Salt
- ☐ Pepper

## Snacks (no-added-sugar, no- or lower-sodium)

- ☐ Sweetened dried cranberries
- ☐ Raisins
- ☐ Almonds
- ☐ Pecans
- ☐ Walnuts
- ☐ Popcorn
- ☐ Sunflower seeds
- ☐ Whole grain crackers