

# Culinary Medicine

## The Well-Stocked Pantry Checklist



### Grains

Choose whole-grain products, specifically those with the word “whole” as the first ingredient.

- Barley (hulled)
- Bulgur
- Farro
- Millet
- Oats (whole, steel cut)
- Quinoa
- Rice (brown & wild)
- Whole Grain Bread
- Whole Grain Pasta (spaghetti, penne, etc.)

### Legumes

Legumes are a great way to add fiber and protein to a meal. Eat them in place of animal protein daily if possible. If using canned/boxed, rinse and drain them before use to remove some of the sodium.

- Black Beans
- Chickpeas (Garbanzo)
- Lentils (Green & Red)
- Pinto Beans
- Red Kidney Beans
- White Beans (Cannellini, Great Northern)

### Nuts, Nut Butters & Seeds

A great source of protein, these also provide fiber and healthy fats. Buy raw and keep in the fridge or freezer for optimal freshness.

- Almonds
- Almond Butter
- Chia Seeds
- Flax seeds
- Pecans
- Peanut Butter
- Sesame Seeds
- Walnuts

### Herbs & Spices

Herbs and spices add great flavor without extra fat or salt.

- Basil
- Bay Leaves
- Cayenne Powder
- Chili Powder
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Curry Powder
- Fresh Ground Black Pepper
- Garlic Powder
- Ginger
- Mint
- Nutmeg
- Onion Powder
- Oregano
- Parsley
- Rosemary
- Smoked Paprika
- Thyme
- Turmeric

### Vinegars, Natural Sweeteners, Condiments, Etc.

These can add a bright pop to finish a dish and are great in homemade dressings, marinades and sauces

- Apple Cider Vinegar
- Balsamic Vinegar
- Dates
- Dijon Mustard
- Honey (raw)
- Low-sodium Broths/Unsalted Stocks
- Pure Maple Syrup
- Red/White Wine Vinegar
- Rice Vinegar
- Whole Grain Mustard

### Vegetables

These shelf-stable veggies add big hits of flavor, nutrients and bulk to your meals.

- Fresh Garlic
- Onions (yellow, red, sweet)
- Potatoes (sweet, red, Yukon, russet)
- Shallots

### Healthy Oils/Fats

Store oils in a cool dark place to preserve their nutrients.

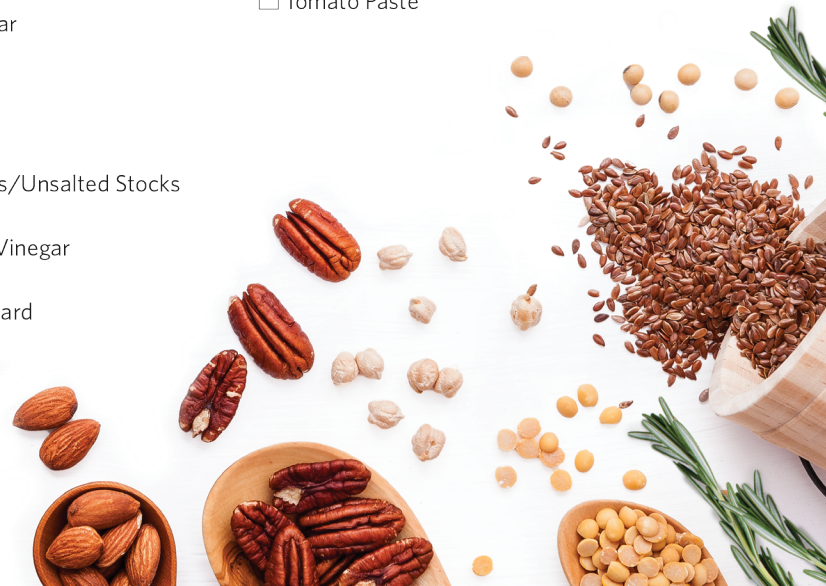
- Avocado Oil
- Extra-Virgin Olive Oil
- Flax Seed Oil\* (for drizzling, add to smoothies)
- Walnut Oil\* (for drizzling e.g. salads)

\*These oils are high in Omega-3 fatty acids and become unstable under the heat of cooking. They should be kept refrigerated to preserve nutrients and avoid rancidity.

### Canned/Boxed Goods

Canned good can help save you time and get a healthy, home-cooked meal on the table.

- Coconut Milk (canned)
- Roasted Red Bell Peppers (jarred)
- Tomatoes, Unsalted Canned/Boxed (diced, whole, tomato sauce)
- Tomato Paste



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