

# PANTRY ESSENTIALS

Use this list to stock your pantry with some essentials so that you will always be ready to create a flavorful and healthy meal!

## LET'S LOOK IN OUR IDEAL PANTRY!

### LEAN PROTEINS

- Canned & dried beans
- Lentils
- Canned tuna
- Lean meats\*
- Seafood\*

\*Buy & freeze in portions



### WHOLE GRAINS

- Brown rice
- Whole grain pasta
- Whole wheat flour
- Quinoa
- Corn tortillas
- Breadcrumbs
- Oats



### CANNED TOMATO PRODUCTS

- Diced
- Crushed
- Sauce
- Paste



Look for low sodium or no salt added

### PRODUCE

- Onions
- Garlic
- Carrots
- Celery
- Potatoes
- Lemon/lime
- Frozen fruit\*
- Frozen vegetables\*



\*No added sugar or sauces/seasonings

### NUTS & NUT BUTTERS

- Walnuts
- Almonds
- Peanuts
- No-sugar added peanut butter



## WHAT ELSE CAN WE ADD?

### CONDIMENTS & SAUCES

- Low sodium soy sauce
- Dijon mustard
- Worcestershire sauce
- Hot sauce



### OILS & VINEGARS

- Olive/canola oil
- Apple cider vinegar
- Balsamic vinegar
- Rice vinegar



### DRIED HERBS & SPICES

Use your favorites to make blends, without added salt:

- All-Purpose, Taco, Creole, etc.



The Goldring Center  
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