

The healthy pantry checklist



BASICS

GRAINS, CEREALS, CRACKERS

- brown rice
- jasmine or basmati rice
- barley
- arborio or risotto rice
- wholemeal pasta
- egg noodles
- wholegrain couscous
- quinoa
- microwaveable pots or pouches of rice, quinoa, etc
- oats
- wholemeal flour
- white flour
- cornflour
- high-fibre breakfast cereal
- wholegrain crackers

FRESH FOODS

- onions
- garlic
- root ginger

PULSES - DRIED AND CANNED

- no-added-salt where possible
- red lentils
 - chickpeas
 - red kidney beans
 - split peas

CANNED/PACKAGED FOODS

- salmon, tuna, sardines, etc, in spring water
- no-added-salt tomatoes
- no-added-salt tomato paste
- reduced-salt stock
- reduced-sugar baked beans
- light coconut milk

OILS

- extra virgin olive oil
- rice bran or canola oil
- spray or pump oil

EXTRAS

- pasta, spaghetti, noodles made from pulses, such as edamame beans, black beans or red lentils
- flour alternatives, eg, spelt, gluten-free
- popping corn

- chilli peppers
- shallots
- turmeric root

- puy (french) or green lentils
- five-bean mix
- cannelloni beans
- black beans
- chilli beans

- beetroot
- corn
- soup
- flavoured tomatoes
- trim milk powder
- UHT trim milk
- curry pastes

- avocado oil
- sesame oil
- peanut oil
- flaxseed oil

BASICS

SAUCES, SPREADS, CONDIMENTS

- balsamic vinegar
- red/white wine vinegar
- mustard, wasabi, horseradish
- reduced-salt soy sauce
- fish sauce
- reduced-fat mayonnaise
- peanut
- tahini
- yeast spread, eg, marmite, vegemite
- honey
- reduced-sugar jam

NUTS, SEEDS, DRIED FRUIT

- almonds
- peanuts
- cashews
- brazil nuts
- pumpkin seeds
- sunflower seeds
- sesame seeds
- raisins, sultanas

SPICES, HERBS AND SEASONING

- iodised salt
- black pepper
- chilli flakes
- cumin
- cinnamon
- paprika
- curry powder
- mixed herbs
- mixed spice

DRINKS

- black tea
- green tea
- coffee
- herbal teas

EXTRAS

- tomato sauce
- Worcestershire sauce
- malt vinegar
- apple cider vinegar
- hoisin sauce
- oyster sauce
- maple syrup

- pine nuts
- hazelnuts
- linseeds (flaxseed)
- walnuts
- nut or seed mixes
- dates
- figs
- prunes

- oregano
- thyme
- rosemary
- turmeric
- white pepper
- ginger

- hot and cold brew iced teas
- decaffeinated tea
- decaffeinated coffee

