

Stocking Your Pantry

Condiments and canned goods to have on hand so that you are not out of a key ingredient when cooking healthy:

- Reduced-sodium chicken broth, vegetable broth, beef broth
- Beans – pinto, red kidney, black, chickpeas, cannellini, great northern beans, split green/yellow peas
- Diced tomatoes, tomato paste, sun dried tomatoes
- Low-sodium corn, peas (ideally fresh or frozen, but if canned, rinse before using)
- Lentils
- Chunk light tuna, wild salmon
- Light coconut milk
- Lemon juice, lime juice (refrigerate after opening)
- Kalamata olives, green olives
- Capers
- Ketchup (no high fructose corn syrup)
- Red and white wine (for cooking)
- Balsamic vinegar, cider vinegar, rice wine, sherry
- Reduced-sodium soy sauce
- Mirin (a kind of Japanese rice wine)
- Wasabi paste (keep in fridge)
- Anchovy paste and/or anchovies
- Fish sauce
- Hoisin sauce
- Oyster sauce
- Extra-virgin olive oil
- Canola oil
- Sesame oil
- Dijon mustard
- Worcestershire sauce
- Low-fat mayonnaise

- Honey
- Brown sugar
- Molasses
- 100% pure maple syrup
- Granulated sugar
- Unsweetened cocoa powder

Flavorings & spices (Fresh herbs are best, but also keep dried on hand.)

- Allspice
- Basil – dried and fresh
- Cilantro
- Cinnamon
- Coriander
- Ground cumin
- Cumin seeds
- Curry
- Dill
- Fresh garlic
- Ginger – dried and fresh
- Lemon zest, lime zest, orange zest – ideally from fresh organic
- Dry mustard
- Nutmeg
- Oregano
- Paprika
- Black pepper corns
- Cayenne pepper
- Ground red pepper
- Red pepper flakes
- Rosemary
- Saffron
- Sage
- Iodized table salt, kosher salt, coarse sea salt
- Tarragon
- Turmeric

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