

BUILDING A BETTER PANTRY

LIVE YOUR BEST365

When you're trying to build and maintain better habits, it helps to have the tools you need at the ready. Often overlooked, a better-stocked pantry is your secret weapon to making better choices, more often.



WHAT BELONGS IN *YOUR* PANTRY?

It's personal. You may have already done a review of your current total nutrition. If not, ask for help with that so you can know what is already better and what needs to be better to help you reach your goals. Consider the current and upcoming season - what edits do you need to make to ensure you have deliciously doable options?

When looking to stock your pantry, think about any gaps in your diet. Do you often make a meal, then realize it could use another protein source? Do you

long for snacks that taste better and are better for you? Do you notice yourself eating the same thing again and again, and wanting more variety?

Take note of what you use, and how much, 1-2 months after stocking your pantry. This knowledge can help you decide when to buy in bulk or sign up for auto-deliveries, plus save money and avoid food waste by not over-buying.



While this isn't everything you ever need, it's a great start to a better pantry. **I**= Some shelf-stable items contain significant added salt, sugar or artificial ingredients for preservation. Other items are simply a bit on the indulgent side & so they are better when you are choosing to indulge (Note: better quantities help deliver better results). While we recommend you always take a look at Nutrition Facts labels, we especially suggest it for the items indicated with this symbol.



Canned & Packaged Goods

Canned Fish

Tuna, salmon, sardines & anchovies packed in water, olive oil, tomato sauce & mustard are great for quick sources of protein, omega-3s, vitamins & minerals.

Salsal

Add flavor and vegetables to any dish.

Curry

Green, red, & yellow are all available to give you delicious protection against diseases & colds, when you add curry pastes.

Chips & Puffs★

Most of these are better made at home, but if you want to have chips in your pantry then look for whole ingredients & skip puffs which are less nutrient dense. Avoid artificial flavors. Consider limiting to one bag each week, rotating flavors so each week someone has their favorite.

Chocolate

Bars, powders, nibs oh my! Yep, better chocolate is part of a better pantry. Aim for dark more often (>65%) and go with organic if you buy raw cacao. These pack antioxidants, iron, and magnesium, & may also support reduced inflammation & cholesterol levels.

Energy/ Protein/Snack Bars★

In most cases, the ones you make & the ones you find in the refrigerator section at the store are better. Beware those labels that read like a candy bar! That said, some choices pack fiber, protein, fats & use minimally processed ingredients - those are better. Most important, make sure they are delicious & satisfying enough that you won't go looking for something else.

Treats

Most of the time it's better to go out for them or to buy a one-time serving, than to stock them in your pantry. But others may weigh-in on what they want & need in the pantry ;) so setting some ground rules is better. Say no to artificial colors & sweeteners, yes to ingredient labels that read like recipes you could make in the kitchen, and store in pre-portioned amounts so you are aware of how many servings are consumed at one time.

Snacks

Popcorn

Great way to get fiber and satisfy a need for a crunch -especially while watching a movie at home. Buy plain kernels to pop & toss in your own oil, salt & spices instead of the pre-popped options that may load you up on salt & preservatives.

Whole Grain Crackers & Pretzels

Check the label for the first ingredients to be whole grain flours, beans, and seeds. Then to avoid artificial ingredients, too much salt and added sugars. There are lots of varieties out there waiting to be paired with cheese, nut butters, veggie dips & more.

Dried Veggie Snacks

From seaweed to mushrooms and cauliflower, dried veggies are available to add crunch & help us get in more plant nutrients. Proceed with caution to ensure they actually contain veggies (first), and don't overload you on salt & sugar. Great way to teach kids about getting in a Rainbow daily - use our Rainbow evaluation to make it into a fun game!

Applesauce

Plain applesauce is the way to go. It's great for adding moisture as a sweetener in baked goods. Save money & the environment buying in bulk then portioning into your own containers. Add cinnamon for more flavor!

Tea

Black, oolong, green & white teas may help give you better energy (you & your practitioner may review your results from the Better Caffeine Evaluation to identify your better choices). Herbal teas have different benefits from helping a sore throat, better digestion, lactation, & making it easier to fall asleep. Add your own sweetener as desired (you may want to use the Added Sugar Evaluation to help). Teas are also great for cooking with, so investigate those recipes too. No need to buy decaf, you can take any tea bag, steep it in water for at least 3 minutes, dump the water, & re-brew to get a decaf option.

Nuts & Seeds★

These are some of the best sources of minerals - including those immune supportive trace minerals - healthy fats, plant proteins, vitamins & antioxidants for your money. From hemp seeds which we call the "wild salmon of the plant kingdom" to alkaline-forming almonds, all seeds & nuts belong in a better pantry. Note: just like their oils, seeds & nuts go bad easily. Store in dark & airtight containers; buy the amount you will consume or consider freezing to preserve (that helps you avoid the need for added salt too).

Seasonings & Flavors

Vinegar	Helpful for whipping up a quick salad dressing or adding a touch of flavor to a smoothie or sauté.
Soy Sauce	Choose a low-sodium variety and check out tamari or coconut aminos if those better fit your lifestyle (gluten-free etc.).
Herbs and Spices	The more different varieties the better! Cinnamon, chili powder, cumin, coriander, garlic powder, oregano or Italian blend, paprika, turmeric and black pepper. Note spices expire so check dates & better to buy in amounts you will use up to avoid waste. Organic is a win for what you use most often, but some spices are better than no spices so no worries if organic doesn't fit your budget.
Mustard★	Yellow, Dijon, and stone-ground varieties are available. Flavored mustards like horseradish can add deliciousness but caution with mustard sauces that may pack added sugar.
Honey, Coconut & Maple Syrups★	To add a little sweetness to yogurt or sauces. Local honeys are great to help with allergies & Manuka helps with sore throats.

Grains & Flours

Flour	Whole grain flours are better including gluten-free blends. Chickpea (garbanzo) flour is great for coating meats and vegetables, plus for Socca pancakes!
Oats	Great for a hearty breakfast or making homemade energy balls. Uncooked "overnight" oats help you get in prebiotics to feed your body's probiotics!
Cereal	Pick out a cereal made from whole grains/flour and avoid those fortified with loads of nutrients -you can always work with your practitioner to get in nutrients from quality supplements in better amounts for you.
Rice	There's a rainbow of rice colors - which are all better choices than refined white rice. Try Basmati, purple/ black, Jasmine, brown, and wild rice.
Whole grains	Quinoa, millet, farrow, einkorn, barley and buckwheat pack nutrients for better energy and more.
Breadcrumbs	A little goes a long way to add texture to baked dishes, bind meatloaf & meatballs. Helpful for making baked chicken tenders-- a kid favorite. Try whole grain, panko or gluten-free options.
Pasta	Try whole grain, bean and chickpea pastas to get more nutritional value. They even make mac and cheese with chickpea pasta! For fun, keep different shapes on hand.



More Canned & Packaged Goods

Canned Tomatoes	Diced, whole, crushed, tomato sauce and paste. Because these are acidic, look for BPA-free cans.
Canned Vegetables	Take your pick! Beyond the typical peas and green beans, you can find artichoke hearts, mushrooms, sun dried tomatoes to make better nutrition deliciously doable. You likely want to rinse them off first.
Canned Green Chiles	Great way to add flavor to a chilli or any Tex-Mex dish... and to a smoothie or fruit puree. That's right - sweet n' spicy can be a flavor win! Mild, medium and hot are available.
Canned/Jarred/ Dried Fruits★	Look for mandarins, pears, and peaches in water or juice—not sugary syrup. If in juice, rinse them off before using. Dried fruits are highly concentrated sources of fruit sugar but they also pack in nutrients. Avoid those coated in sugar and watch your portions. Snack on these, mix into plain yogurt, trail mix or use on a salad.
Canned Pumpkin★	Look for 100% pumpkin puree and use for baking or add it to plain yogurt, smoothies, and oatmeal. Great for dogs with upset tummies.
Beans	Fiber, protein, carbs, minerals & vitamins - so many wins with all beans like chickpeas, black, pinto, kidney, refried (look for vegetarian to avoid lard). Canned and dried are both great options to have on hand.
Lentils & Split Peas!	Brown, green, red, yellow... take your pick! See below for more details on stocking a pantry with soups.
Coconut Milk	Use full-fat to replace small amounts of heavy cream in Indian-inspired dishes, or use lite for a soup, broth or smoothie when you use the whole can.
Broth/Stock	Chicken, beef, and vegetable are available in cartons or as bouillon. These are great for sauteing vegetables, adding moisture to savory baked goods & as the base of soups & purees.
Nut & Seed Butters	Peanut, almond, cashew, and blends of nuts and seeds on sandwiches, with fruit, or to add depth to sauces. Tahini made from sesame seeds is great to have on hand for hummus, as a dip or spread.★
Olives	Quick way to add healthy fat and serious flavor to a salad, pasta dish, or snack plate. Rinse before eating.
Oils	Olive, avocado, walnut, hemp, peanut, safflower, sunflower and so many other oils add flavor and healthy fats. Fats go bad easily so buy/refill them in dark bottles, store them away from light & heat.
Canned Soup!	Great way to get in more fiber from vegetables, beans and whole grains. But canned soups can pack sodium or be made with highly processed ingredients which isn't better.

SO, ONCE YOUR PANTRY IS STOCKED... HOW DO YOU PUT IT TO WORK?

1. Brainstorm some winning combos that can help you get the most out of your pantry:

- Pasta + Tomato Sauce: try with ground turkey, or premade chicken meatballs. If you want to mix it up, there are plenty of recipes out there for pasta with anchovies or other canned fish!
 - Tuna with mustard: canned fish + mustard + whole grain crackers or lettuce cups
- Canned soup upgrade: top with nuts / seeds instead of croutons + blend in frozen vegetables
- Beans + Rice + Salsa: great as a #meatlessmonday option

- Veggie Chili: easily improvised with canned beans and tomatoes, plus whatever vegetables you happen to have in the fridge
- Oatmeal: make winning overnight oats topped with nuts/seeds/ & cacao nibs or try a savory breakfast by pairing with eggs, vegetables, & spices. You can make oatmeal muffins & pancakes too
- Socca pancakes topped with nut butter -packed with protein & fiber these are quick, easy and delicious!
- Grazing plate: be creative!
 - Whole grain crackers + peanut butter + fresh or dried fruit
 - Olives + air popped popcorn with hemp seeds or peanuts + dried vegetable snacks

2. Think about sauces and salad dressings. These can add major flavor, but may not be made with better ingredients! Whether adding a sauce to what you make at home or replacing the one that came with your take out - when you take a “some assembly required” approach and DIY sauces, you tend to get better nutrition and delicious wins. Bonus: this gives you the chance to customize the dishes for all the mouths in the house.

- Coconut Curry Sauce
 - Curry Paste + Soy Sauce (or substitute) + Coconut Milk (lite)
- Stir Fry Sauce
 - Olive oil + soy sauce + a touch of honey + dried ginger and garlic
- Honey Mustard Salad Dressing
 - White vinegar + stone ground mustard + honey + olive oil
- Leftover Jelly Vinaigrette
 - Jam jar with very little left + olive oil + lemon juice or vinegar and shake!
- Homemade Marinara
 - Canned tomatoes + olive oil + vegetable broth + seasonings, cooked down on the stove
- Hummus
 - Canned chickpeas + olive oil + tahini + seasonings
 - Blend in a food processor to desired texture. You can add roasted peppers, lemon juice, leftover fresh herbs, and/or different seasonings to mix up the flavor.

3. Stock your freezer, too. Ask your practitioner for The Better Nutrition on a Budget guide to learn more, but the key items are:

- Frozen fruits and vegetables
- Lean meat and fish, especially if you struggle to use them before they go bad
- Leftovers-- set aside home-cooked soup, chilli, etc. when you have extra, and pull them out to defrost on a busy day.
- Frozen meals. Look for options with whole food ingredients just like what you would use to make a recipe. Freezing is a preservative so there's no reason for excess salt or sugar.



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