

Suggested Pantry List

Location	Product	Examples
In The Cupboard	Canned beans and legumes	Baked beans in tomato sauce, black beans, kidney beans, chickpeas, navy beans, lentils
	Bread	Whole grain breads, rolls, pita bread, bagels
	Cereals	Whole grain, bran, quick cooking oatmeal
	Condiments and flavourings	Mustard, ketchup, vinegar, soya sauce, bouillon cubes, hoisin sauce
	Canned fish	Tuna, salmon, sardines, clams
	Flour	Whole grain flour
	Canned fruit (packed in juice)	Peaches, pears, pineapple, mandarin orange segments, applesauce
	Herbs and spices	Pepper, garlic, ginger, oregano, thyme, tarragon, coriander, cumin
	Nuts and seeds	Almonds, walnuts, peanuts, pine nuts
	Oil	Olive oil, canola oil
	Pasta	Whole grain, variety of shapes
	Canned/bottled pasta sauces	Prepared tomato and vegetable
	Rice	Brown rice, wild rice, basmati rice
	Sweeteners	Sugar, honey, syrup, jam
	Canned vegetables	Stewed/diced tomatoes, corn kernels, pumpkin
	Fresh vegetables	Potatoes, sweet potatoes, onions
On The Counter	Fresh fruit	Bananas, cantaloupe, tomatoes
In The Fridge	Cheese	Cheddar, parmesan, ricotta, mozzarella, cheese slices; lower fat choices
	Eggs	Regular, Omega-3, Omega-Pro liquid
	Fats	Non-hydrogenated margarine
	Fresh fruit	Oranges, kiwi, apples, grapes, pears
	Juice	Tomato, vegetable, fruit, lemon
	Meat and poultry	Freeze poultry and meat if you can't use it within 2 days of purchasing
	Milk	Skim or low-fat, buttermilk
	Vegetables	Choose your favourite. Look for convenient pre-packed vegetables such as salad greens, carrots, broccoli, mushrooms, cabbage, stir-fry mixes
Yoghurt	Plain and flavoured – lower fat	
In The Freezer	Bread	Pita bread, flour tortillas – whole grain
	Frozen fish and seafood	Sole, perch, halibut, haddock, cooked shrimp, salmon
	Frozen fruit	Strawberries, raspberries, blueberries, mixed fruit
	Frozen vegetables, plain or mixed	Peas, corn, broccoli, cauliflower, oriental mix