

# The healthy pantry makeover shopping list



## Oils and vinegars that are low in saturated fats

- olive oil
- canola oil
- balsamic vinegar

## Herbs and spices

- oregano
- basil
- dill
- sage
- thyme
- peppermint
- salt and pepper
- rosemary
- garlic
- ginger

## Sweeteners

- honey
- blackstrap molasses

## Nuts and seeds

- sesame seeds
  - pine nuts
  - sunflower seeds
  - pumpkin seeds
  - almonds, walnuts, peanuts
- peanut butter

## Grains

- rice
- oats
- granola
- pasta
- whole-grain crackers

## Canned Foods

- broths and soup stock
- canned beans: garbanzo, black, navy, kidney
- canned tomato sauce
- canned seafood: salmon, tuna, crab

## Dried foods

- popcorn
- dried cranberries, apricots
- sun-dried tomatoes
- dried beans

## Beverages

- green tea
- mint tea
- hot chocolate