

NITK's Healthy Pantry

CHEAT SHEET

- * If you follow a gluten free diet then you will want to make sure the items with a GF beside them are certified gluten free.
- * Use this list as a guide to fill your pantry with healthier options and adapt it to suit your dietary needs!
- * When buying canned goods always go with organic as these brands typically don't add preservatives such as Disodium EDTA.

WHOLE GRAINS & FLOURS

Rolled Oats (GF)
Natural Granola (low sugar)
Brown Rice / Wild Rice
Quinoa
Buckwheat Groats
Coconut Flour
Almond Flour
Spelt Flour
Oat flour (GF)
Gluten Free Pasta
(rice, quinoa, buckwheat etc.)

NUTS, SEEDS & LEGUMES

Raw Almonds
Raw Walnuts
Raw Cashews
Hemp Hearts
Chia Seeds
Raw Pumpkin Seeds
Raw Nuts & Seeds of choice
Black Beans (dry or canned*)
Chickpeas (dry or canned*)
Lentils (dry or canned*)

NATURAL SWEETENERS & EXTRACTS

Coconut Palm Sugar
Raw Honey
Coconut Nectar
Pure Maple Syrup
Unsulphured Molasses
Brown Rice Syrup
Pure Vanilla, Lemon, Almond Extracts

DRIED FRUITS

Dried Apricots
Dried Banana (not chips)
Dried Pitted Dates
Dried Unsweetened Mango
Other Dried Unsweetened Fruit of choice

TEAS & COFFEES

Organic Herbal Teas
Matcha Green Tea Powder
Organic Fair Trade Coffee
Loose Leaf Teas

CANNED GOODS

Organic Canned Tomatoes
Organic Canned Beans/Legumes
Organic Canned Coconut Milk
Organic Canned Coconut Cream
Organic Pumpkin Puree

OTHER ITEMS

Spices
Dried Herbs
Baking Powder
Baking Soda
Coconut Oil & Olive Oil
Coconut Butter & Cocoa Butter
Maca Powder & Greens Powders
Raw Cocoa Powder
Natural Protein Powders
Apple Cider & Balsamic Vinegars
Seed or Rice Crackers (GF)
Sweet Potatoes/Baby Potatoes
Onions

Save a small corner for Popcorn,
Chips, Chocolate, Cookies, etc!