

Clean Out the Pantry

Remove the Junk and Replace it with:

- Low sodium tomato products: pasta sauce, salsa, stewed & sun-dried tomatoes.
- Canned low sodium beans: kidney, black, garbanzo, pinto, cannellini, etc.
- Canned tuna & salmon (mackerel & sardines too!).
- Whole grain pasta or vegetable pasta.
- Low sodium broths or bouillon cubes.
- Dried peas, beans & lentils.
- Whole grains like brown rice, oats, barley, bulghur, farro, quinoa, spelt.
- Olive, canola, sunflower, avocado or coconut oils.
- Dried herbs & spices, whole grain mustard.
- Variety of vinegars: red wine, apple cider, balsamic, malt, herb.
- Peanut butter or other nut butters: try reduced sugar & natural options.
- Nuts & seeds: walnuts, almonds, pecans, sunflower, pumpkin.
- No added sugar canned fruit, including applesauce.
- Whole grain crackers & breadcrumbs.
- Fire roasted tomatoes & roasted red peppers.
- Canned chili peppers, artichokes, olives.
- Low sodium soy sauce.
- Whole grain mustard