

Better You Healthy Pantry List



Vegetables: Aim for 2 – 3 cups/day

Artichokes	Kohlrabi
Asparagus	Mustard greens
Beets	Mushrooms
Belgian endive	Olives
Bell peppers	Okra
Black-eyed peas	Onions
Bok choy	Parsnips
Broccoli	Potatoes
Brussels sprouts	Pumpkin
Cabbage	Radishes
Cauliflower	Rhubarb
Carrots	Rutabagas
Celery	Shallots
Chives	Spinach
Collard greens	Squash, any variety
Cucumbers	Sweet potatoes
Eggplant	Swiss chard
Endive	Turnips
Fennel	Wasabi root
Lettuce, any variety	Watercress
Jalapeno peppers	Yucca root
Leeks	Zucchini
Kale	

Fruits: Aim for 1.5 – 2 cups/day

Apples, any variety	Lemons
Apricots	Limes
Avocados	Loquat
Bananas	Lychee
Blackberries	Mango
Black currants	Melon, any variety
Blueberries	Mulberries
Boysenberries	Nectarines
Cactus pear	Olives, any variety
Cherimoya	Oranges
Cherries	Papayas
Clementine	Passion fruit
Coconut	Peaches, any variety
Cranberries	Pears, any variety
Dates	Persimmons
Elderberries	Pineapple
Figs	Plums, any variety
Grapefruit	Pomegranate
Grapes, any variety	Raspberries
Gooseberries	Red currants
Guava	Sapodillas
Huckleberries	Sharon fruit
Jackfruit	Strawberries
Jujube	Tangerines
Kiwifruit	Tomato, any variety
Kumquats	Watermelon

Better You Healthy Pantry List

Grains: Aim for 6 – 7 servings/day

Barley	Whole wheat
Bulgur wheat	Amaranth
Corn	Buckwheat
Oats	Farro
Rice: basmati, brown, long-grain, jasmine, wild	Millet
Rye	Teff
Sorghum	Quinoa

Protein: Aim for 5 – 6 ounces/day

Animal Protein

Eggs (organic, free-range)
Fish, any variety (wild-caught)
Lean red meats: beef (grass-fed)
Poultry (organic, free-range)
Seafood, any variety (wild-caught)
Wild game, any variety

Vegetarian Protein (legumes)

Black beans
Black-eyed peas
Garbanzo beans (chickpeas)
Green beans
Kidney beans
Lentils
Lima beans
Peas
Pinto beans
Soybeans (edamame, tempeh, tofu)
Split peas

Oils and fats

Avocado (or avocado oil)	Grape seed oil
Butter, organic, unsalted	Nut oil, any variety
Coconut oil, organic, unrefined, raw	Olive oil, extra virgin
Flaxseed oil	Pumpkin seed butter/oil
Ghee	Sesame seed oil
	Tahini



Nuts and seeds (good source of fiber, healthy fats, protein)

Almond	Macadamia
Brazil nut	Oak acorns
Butternut	Pecan
Cashew	Pine nuts
Chestnuts	Pistachios
Chia seeds	Poppy seeds
Flaxseed	Pumpkin seeds
Hazelnut	Sesame seeds
Hemp seeds	Walnut

Dairy: Aim for 3 servings/day (preferably low fat)

Cheese	Yogurt
Milk (cow, goat, sheep)	Kefir

Nondairy milks

Almond milk, unsweetened	Hemp milk, unsweetened
Coconut milk, unsweetened	Rice milk, unsweetened

Better You Healthy Pantry List



Sugars and sweeteners

Dates	Maple syrup, 100% pure
Honey, raw	Stevia, whole leaf

Herbs and spices

Basil	Lemon grass
Bay leaves	Mint
Cardamom	Mustard
Cayenne	Nutmeg
Chili powder	Oregano
Chives	Paprika
Cilantro	Parsley
Cinnamon	Pepper, black
Cloves	Rosemary
Coriander	Sage
Cumin	Sea salt
Dill	Tarragon
Garlic	Thyme
Garam masala	Turmeric
Ginger	

Vinegars

Apple cider vinegar	Rice vinegar
Balsamic vinegar	White wine vinegar
Red wine vinegar	

Broths (ready-made, organic, low sodium)

Beef	Vegetable
Chicken	

Miscellaneous

Almond extract	Curry paste
Baking powder	Liquid amino acids
Baking soda	Mustard, Dijon
Chocolate, dark (more than 60 percent)	Seaweed, any variety
Cocoa powder, unsweetened, dark	Teas, any variety
Coffee, organic	Vanilla extract
	Water, filtered or carbonated