



## Power your pantry!

A properly stocked pantry is key to preparing better-for-you meals at home. Build your pantry over time by keeping these basic items on hand for fast, easy and flavorful meals.

### Balance of oils: canola and olive oil

- Use less expensive olive oil for cooking and more expensive extra virgin olive oil for salads and finishing a dish. You won't notice the difference in flavor when cooking with less expensive oil.

### Variety of vinegars, citrus juices and fresh citrus

- Stock white, red, sherry and balsamic vinegars for salads, sauces and cooking.
- Lemons, limes and oranges have great flavor and acid, so they can be used as vinegar substitutes.
- Vinegars and citrus' have unique flavors. Experiment to discover what you and your family like!
- Try vinegar on raw onions and garlic to cut the strong flavor but still maintain the powerful benefits.

### Low-sodium stocks and broths

- These are useful for a soup, sauce or stir-fry base.
- Stocks and broths come in beef, chicken and vegetable flavors. Choose the unsalted or low-sodium varieties.
- Try stock or broth to thin homemade mashed potatoes instead of butter.

### Herbs, spices and ethnic items

Herbs and spices add lots of flavor without adding fat. However, they should be used in moderation as they can be high in salt. Try a variety of the below items to add zest to your meals.

- cinnamon
- cardamom
- nutmeg
- basil
- oregano
- sage
- parsley
- Kosher salt
- Sea salt
- Fish sauce
- Soy sauce
- Hoisin sauce
- Sriracha sauce
- Hot sauce
- Pesto

### Assortment of whole grains

Whole grains are an excellent source of nutrients and fiber. Grains differ in their uses and flavors, so experiment to find the ones you and your family like best.

- 100% whole grain breads
- 100% whole grain oatmeal
- Variety of whole-grain, low-sugar cereals
- Brown, white or wild rice
- Brown or white rice pasta
- Whole-wheat pasta or couscous
- Quinoa
- Cellophane noodles or vermicelli
- Rice paper
- Barley
- Wheat farro pearls
- Flaxseed
- Quick cook, traditional or steel-cut oats
- Wheat berries

