



Healthy Pantry Swap *Guide*

MAKEOVER YOUR PANTRY
AND YOUR HEALTH WITH
THESE SIMPLE SWAPS.

HEALTHY PANTRY ESSENTIALS

What to look for

One of the easiest ways to upgrade your health is to upgrade your pantry.

When your pantry is well stocked with healthy staples, it's easy to throw together a quick, nourishing meal.

But not all pantry items are created equal. Many are highly processed and filled with added sugars, sodium, hydrogenated oils, or artificial preservatives.

Luckily, with a little knowhow, you can easily spot the good stuff and amongst the junk.

In this guide, we'll cover top tips to give your pantry a healthy makeover, along with the best swaps for common pantry items. But first, let's cover some basics...



What to Avoid:

- Ultra processed foods (cereal, packaged soup, chips, soda, etc.)
- Refined foods made with white flour (white bread, crackers, cookies, etc.)
- Foods with artificial flavors, colors, sweeteners, or preservatives
- Condiments high in added sugars or sodium
- Unhealthy oils like canola oil, soybean oil, vegetable oil, palm oil, or sunflower oil

What to Choose:

- Shelf stable, nutrient dense whole foods like legumes, whole grains, nuts, & seeds
- Minimally processed foods
- Whole grain foods like brown rice, quinoa, & oats
- Foods free of artificial preservatives, fillers, sweeteners, colors, or flavors
- Condiments low in sodium and free of added sugars
- Healthy oils like olive oil, avocado oil, and coconut oil



CHOOSING PANTRY ITEMS

Top 10 tips

- 1 – **Scan the ingredients list.** Ingredients are listed from highest to lowest - so the first few will make up the bulk of what's you're eating.
- 2 – **Avoid anything hard to pronounce.** If it looks like it belongs in a science textbook, it doesn't belong in your body.
- 3 – **Stay away from long ingredient lists.** If the ingredient list is a mile long, the food is ultra processed.
- 4 – **Focus on whole foods.** They don't need an ingredients list, so there's less guesswork.
- 5 – **Opt for organic when possible.** Organic is more nutritious and GMO-free. If going all organic is out of your budget, follow EWG's [Dirty Dozen](#) & [Clean 15](#) lists.
- 6 – **Choose whole grains.** Refined grains like white rice are stripped of fiber and nutrients. So opt for whole grains like brown rice, wild rice, or quinoa instead.
- 7 – **Keep an eye out for added sugars.** Added sugars hide under sneaky names -- and many products contain more than one form of sugar. Always check labels and go for options that are sugar-free or low in sugar.
- 8 – **Look for BPA-free cans.** BPA is a chemical that's used as a lining in many canned goods. BPA disrupts hormones and increases the risk of certain types of cancers. When shopping for canned beans, coconut milk, or tomato sauce, choose BPA-free cans if possible.
- 9 – **Go with wild fish.** Farm raised fish are fed processed foods and antibiotics and are high in heavy metals. So when buying canned tuna, salmon, or sardines, opt for wild fish.
- 10 – **Steer clear of plastic bottles marked 3, 6, 7, or 9.** Plastics contain endocrine disrupting chemicals that can leach into your food and water. Plastics marked with these numbers tend to be the most harmful.

HEALTHY PANTRY SWAPS



Table salt for pink Himalayan salt



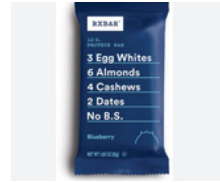
Milk chocolate for dark chocolate



Soy sauce for coconut aminos



Peanut butter w/sugar and palm oil for natural almond butter



Energy bars w/added sugars for whole food protein bars



Flour tortillas for cassava tortillas or coconut wraps



Low fat flavored yogurt for plain Greek yogurt



White flour for almond flour or oat flour



Chicken or beef broth for organic bone broth



Sugar or artificial sweetener for honey



Croutons for nuts or seeds



Pasta sauce w/added sugars for sugar-free pasta sauce



Wheat pasta for quinoa or chickpea pasta



Highly processed crackers for Simple Mills crackers



Ketchup with corn syrup for natural unsweetened ketchup



Bagels for rice cakes



Fruit juices for whole fruit



Highly processed corn chips for Siete grain free chips

HEALTHY PANTRY SWAPS

Continued



Canola or vegetable oil for olive or coconut oil



Margarine for grass fed ghee



Fake maple syrup for 100% pure maple syrup



Premade hot cocoa mix for raw cacao powder with coconut milk



Store bought salad dressings for homemade salad dressings



Roasted mixed nuts for raw mixed nuts



Soda for sparkling water



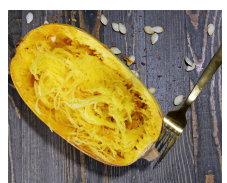
Potato chips for air popped popcorn



Plastic bottled water for filtered water in a glass or stainless steel container



Mayonnaise for avocado or avocado oil mayo



Spaghetti for spaghetti squash or zucchini noodles



White rice for cauliflower rice or quinoa (can buy frozen)



Flavored instant oatmeal for plain organic oatmeal



Cookies/desert for dates



Cereal for paleo granola or organic oatmeal