

40 PANTRY FOODS

for a

Balanced Diet

PROTEIN

1. Canned fish (salmon, tuna)
2. Nuts (almond, walnuts, etc.)
3. Seeds (pumpkin, sunflower)
4. Jerky
5. Nut butters
6. Canned meat
7. Roasted chickpeas/soybeans

DAIRY

1. Evaporated milk
2. Powdered milk
3. Coconut milk
4. Shelf-stable milk cartons
5. Moon cheese

GRAINS

1. Rice - brown, white, wild
2. Pasta - whole grain, regular
3. Quinoa
4. Oatmeal
5. Crackers
6. Popcorn
7. Bread/bread products
8. Cereal
9. Tortillas

VEGETABLES

1. Any canned vegetable
2. Any canned bean
3. Dried beans, peas, lentils
4. 100% vegetable juice
5. Olives
6. Roasted red peppers
7. Salsa
8. Pasta sauce

FRUIT

1. Any canned fruit
2. Unsweetened applesauce
3. Dried fruit
4. Fruit leathers
5. Freeze-dried fruits
6. 100% fruit juice

MISCELLANEOUS

1. Olive oil/other oils
2. Dark chocolate bars or chips
3. Cocoa powder
4. Chia seeds
5. Your favorite sweet treat