

# The Natural Pantry Guide

## Pantry No-No's (Ditch These)

These are the usual suspects that contribute to inflammation, blood sugar spikes, and hidden toxins.

### Industrial Seed Oils:

- Canola oil
- Soybean oil
- Corn oil
- Sunflower/safflower oil
- Cottonseed oil
- Grapeseed oil
- Margarine or "vegetable spread"

### Refined Grains & Carbs:

- White flour
- Enriched wheat flour
- Instant oatmeal packets with sugar
- White rice (especially parboiled)
- Crackers and chips made with enriched flour

### Processed Sugars:

- High-fructose corn syrup (HFCS)
- Maltodextrin
- Artificial sweeteners (aspartame, sucralose)
- "Low-fat" or "sugar-free" snacks

### Shelf-Stable "Frankenfoods":

- Boxed cereals (most)
- Microwave meals
- Flavored rice/noodle pouches
- Packaged protein bars with 25+ ingredients

# The Natural Pantry Guide

- Store-bought salad dressings

## Natural Pantry Swaps (Stock These Instead)

Healthier, whole-food alternatives that fuel your body without the junk.

### Healthy Cooking Oils & Fats:

- Extra virgin olive oil
- Avocado oil (for high-heat)
- Coconut oil
- Grass-fed butter or ghee
- Beef tallow or duck fat

### Better Carbs:

- Organic rolled oats or steel-cut oats
- Brown or wild rice
- Quinoa, millet, buckwheat
- Almond flour, coconut flour
- Sourdough or sprouted grain bread (occasional use)

### Natural Sweeteners:

- Raw honey
- Maple syrup
- Medjool dates
- Monk fruit (no additives)
- Coconut sugar (sparingly)

### Clean Packaged Staples:

- Canned beans (BPA-free lining)
- Jarred organic pasta sauce (no added sugar)
- Bone broth or veggie broth

## The Natural Pantry Guide

- Organic tomato paste
- Wild-caught canned tuna/salmon

### Flavor & Spice Essentials:

- Sea salt or Himalayan pink salt
- Black peppercorns
- Turmeric, cinnamon, cumin, garlic, paprika, oregano
- Bragg's liquid aminos or coconut aminos
- Raw apple cider vinegar (with the "mother")

### Pro Tips

- Read labels. Short, pronounceable ingredient lists are your friend.
- Go glass or BPA-free when possible for anything canned or jarred.
- Stock bulk basics. Buy grains, legumes, and nuts in bulk to save and reduce waste.