

Pantry List Items

Here's a list of better for you pantry staples provided by Lauren Bladek, RDN, and Registered Dietitian at the ShopRite of West Milford

Canned Items: Canned items tend to be high in sodium. It's best to look for "no salt added" options or brands that don't add salt in at all.

- Canned Beans: Rienzi, Wholesome Pantry
- Canned Veggies: Green Giant's no salt added options
- Canned Tomatoes/Sauces/Paste: no salt added options (Hunt's, Muir Glen, ShopRite, Tuttorosso)
- Tuna: in WATER
- Soup: Progresso "Reduced Sodium" Line

Pasta:

- Whole Grain Options
- Barilla Protein Plus
- Ronzoni Smart Taste
- Red Lentil or Chickpea (Wholesome Pantry, Barilla)

Pasta Sauce:

- Tend to be high in sodium; it's ideal to choose one with about 200mg of sodium, but that may be hard. Ones around 350mg sodium are okay

Grains:

- Brown Rice: basmati, jasmine, long grain – Wholesome Pantry, Carolina, Minute Rice
- Quinoa
- Farro
- Microwaveable brown rice or other grains are also a great, convenient option!

Stocks/Broths:

- Low Sodium Chicken Stock – Wholesome Pantry, Kitchen Basics, College Inn
- Unsalted Chicken, Vegetable Broth – College Inn

Nut Butters and Jellies/Jams:

- "Natural" peanut butters, almond butters, sunflower butters – the oil separation is normal & means there are no preservatives in it!
- Polaner Jam – sweetened with fruit juice
- Smucker's – low or reduced sugar

Shelf Stable Milk:

- Soy, almond, oat – choose unsweetened versions

Oatmeal:

- Unflavored/Original Instant Packets – Wholesome Pantry, McCann's, Quaker, ShopRite
- Quick Cook Oats – Wholesome Pantry, Quaker

Flours:

- Whole Wheat
- Whole Wheat Pastry
- White Whole Wheat

Cereals: Tend to be higher in sugar. Look for ones that have less than 8g sugar. Don't forget the fiber: in addition to low sugar, look for options that have at least 3g fiber

- Cheerios: plain, or multigrain
- Special K: plain
- Corn Flakes: plain
- Shredded Wheat

Pancake Mix:

- Kodiak Cake Flapjack Mix – whole grain & great source of protein

Snacks:

- Popcorn: Skinny Pop, Boom Chicka Pop, Wholesome Pantry
- Microwaveable Popcorn: avoid “butter, butter lovers, extra butter, etc.”
- Pretzels: Snyder's Unsalted Pretzels
- Applesauce: Unsweetened
- Nuts: Unsalted
- Seeds (Pumpkin, Sunflower): Unsalted
- Crackers: Triscuits, Blue Diamond Nut Thins

Miscellaneous:

- 100% Pure Pumpkin
- Spices & herbs
- Seasonings: choose low sodium/no salt added options – Mrs. Dash
- Taco seasoning: McCormick or Old El Paso lower sodium
- Olive Oils
- Whole Grain Taco Shells – Ortega
- Water, seltzer
- Pure maple syrup
- Honey
- Regular syrup – choose a “lite” option
- Whole wheat seasoned breadcrumbs/panko breadcrumbs