

# What's in a *Traditional and Whole Food Pantry?*

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**Fruit**  (spring & summer) local/fresh/in season, avocado, olives  
 (fall & winter) local/fresh/in season, frozen berries, dried fruit

**Vegetables**  fresh/in season from your local farmers or CSA

**Staple Vegetables**  cauliflower  broccoli  cabbage  carrots  celery  potatoes  squash  
 yams  zucchini  mushrooms  eggplant  tomato  lemon  garlic  onions  green onions  
 ginger root  cucumbers  frozen corn  frozen peas

**Greens**  Swiss Chard  Kale  Romaine Lettuce  Spinach  Collards etc.

**Seaweed**  Nori, Dulse, Hijiki, Wakame etc.

**Fresh Herbs**  cilantro  parsley  basil  dill  thyme

**Dried Seed and Powder Spices** (must be certified organic to not be irradiated)  
 cumin  coriander  fenugreek  turmeric  cinnamon  mustard seeds  garam masala  fennel  
 curry  cardamom  cayenne  asafoetida(hing)  cloves  black pepper  chili pepper  
 paprika  thyme  sage  rosemary  parsley  oregano  nutmeg  mint  marjoram  dill  bay leaf  basil  all spice

**Legumes**  Lentils  Beans  Split Peas

**Grains**  Brown Rice  Oats  Barley  Rice Paper  Rice Noodles  Quinoa  Millet  
 Buckwheat  Amaranth  Cornmeal

**Flour**  Spelt  Teff  Amaranth  Wheat

**Bread**  naturally leavened (free of commercial yeast)

**Nuts**  almonds, walnuts, cashews, filberts, hazelnuts etc.

**Seeds**  sesame, sunflower, hemp, salba, flax etc.

**Drinks**  organic fair trade Coffee, teecino, chai, rooibos, mate, roasted dandelion root

## **Probiotic Foods**

Kefir (home-made from Organic or raw milk)  
 Yogurt (non-homogenized, organic or made at home from raw milk or Goat's milk)  
 Kombucha (home-made)  
 Traditional Pickles (Bubba's brand offers a naturally fermented pickle)  
 unpasteurized Sauerkraut (or make at home)

**Good Fats** (organic & unrefined, packaged in glass, not plastic if at all possible)  butter, coconut oil, olive oil, toasted sesame oil, ghee, flax oil, hemp oil

## **Condiments/Cooking Ingredients**

□(unpasteurized)apple cider vinegar, balsamic vinegar, organic ketchup (sweetened with agave), namu shoyu (this is unpasteurized traditionally brewed/fermented, soy sauce), red star nutritional yeast (grown on B12 medium), mustard, mayo (Wilderness Family Naturals makes the only healthy commercial mayonnaise on the market with organic coconut oil and organic eggs), miso (try to find a brand that is packaged in glass instead of plastic), veggie stock commercial yeast free, almond butter, tahini, organic peanut butter (non organic peanuts are especially heavily sprayed with pesticides and high in aflatoxin a neurotoxin), kelp powder

## **Sweets**

□raw honey (avoid commercial honey as the bees are fed sugar and antibiotics), organic blackstrap molasses (non organic molasses can be a source of concentrated pesticides), agave syrup, maple syrup (#3 contains the most nutrients), unrefined cane sugar (contains all the nutrients that aid in its digestion and metabolism), stevia (herb that is much sweeter than sugar with no calories or glycemic index), organic zero (refined organic sugar that has been predigested by Probiotics and therefore free of calories and glycemic index as well)

## **Baking**

□ coconut flour, carob powder, organic fair trade cocoa powder, agar flakes, arrowroot powder, kudzu, baking soda, aluminum free baking powder, egg replacer, vanilla & other extracts

## **Unrefined salt**

□Celtic, Himalayan (commercial processed salt contains many additives & has been stripped of its naturally occurring minerals). Don't be fooled by pure white brands of salt labeled "sea salt", they are refined too. (Iodine occurs naturally in certain foods, not in sea salt).

## **Animal Products** (purchase organic to avoid a concentrated source of pesticides and antibiotics)

- dairy: milk, cheese, yogurt, cream, whipping cream (organic, raw or at least non-homogenized)
- eggs (best from pasture fed chickens or second best free range chickens fed flax or fish meal)
- (Fresh North Atlantic Ocean Fish) salmon, tuna, swordfish, sole, flounder
- poultry: organic, cage free or pasture fed chicken, turkey, Cornish game hens, domesticated duck
- organic organ meat: thymus, liver, kidney, heart and brains
- red meat: beef, lamb, sheep, goat (organically raised and pasture fed)
- wild game: deer, caribou, buffalo, elk, wild duck, goose, pheasant, quail

**Fermented/Sprouted Soybean** (purchase certified organic soy to avoid GE; sprouted & fermented soy offers the best quality nutrition because traditional preparation of soy breaks down and neutralizes the hard to digest phytic acid and trypsin which are anti-nutrients. □ tempeh □ miso(try to find a brand that is packaged in glass instead of plastic)□sprouted Tofu (made by Wildwood Organics) □ namu shoyu (this is unpasteurized traditionally brewed/fermented soy sauce)