

PANTRY AND REFRIGERATOR CHECK-UP

Reducing Hidden Sources of Inflammation and Chemical Burden

Instructions: Review the foods and beverages you keep in your home. Check any items that you consume regularly. This exercise is to help you become aware of ingredients that may contribute to inflammation, blood sugar instability, gut irritation, or unnecessary chemical exposure.

Added Sugars

- ☐ Soda
- ☐ Sweet tea
- ☐ Energy drinks
- ☐ Sports drinks
- ☐ Sweetened coffee drinks
- ☐ Flavored yogurt
- ☐ Breakfast cereals
- ☐ Granola bars
- ☐ Candy
- ☐ Packaged desserts
- ☐ Sweetened nut milks
- ☐ Other: _____

Highly Processed Snack Foods

- ☐ Chips
- ☐ Crackers made with refined flour
- ☐ Cheese puffs

Pantry & Refrigerator Check-Up (continued)

- ☐ Snack cakes
- ☐ Cookies
- ☐ Frozen snack foods
- ☐ Other: _____

Refined Carbohydrates

- ☐ White bread
- ☐ White pasta
- ☐ White rice
- ☐ Pastries
- ☐ Bagels
- ☐ Sugary breakfast foods
- ☐ Other: _____

Industrial Seed Oils

(Check labels for soybean, corn, cottonseed, safflower, sunflower, canola, or vegetable oil) ☐

Frequently consumed packaged foods contain these oils

- ☐ Deep-fried foods
- ☐ Restaurant fried foods
- ☐ Margarine
- ☐ Commercial salad dressings
- ☐ Other: _____

Pantry & Refrigerator Check-Up (continued)

Artificial Sweeteners

- ☐ Aspartame
- ☐ Sucralose
- ☐ Saccharin
- ☐ Acesulfame potassium
- ☐ Diet beverages
- ☐ Sugar-free candies
- ☐ Sugar-free desserts
- ☐ Other: _____

Artificial Colors

- ☐ Red dyes
- ☐ Yellow dyes
- ☐ Blue dyes
- ☐ Colored candies
- ☐ Brightly colored beverages
- ☐ Processed children's snacks
- ☐ Other: _____

Artificial Flavors & Preservatives

- ☐ Foods containing long ingredient lists
- ☐ Packaged convenience meals
- ☐ Processed lunch meats
- ☐ Shelf-stable snack foods
- ☐ Other: _____

Pantry & Refrigerator Check-Up (continued)

Gut Irritants (for Some Individuals)

- ☐ Highly processed foods
- ☐ Excess alcohol
- ☐ Frequent fast food
- ☐ Foods that consistently trigger symptoms
- ☐ Other: _____

Blood Sugar Disruptors

- ☐ Sugary beverages
- ☐ Frequent desserts
- ☐ Large portions of refined carbohydrates
- ☐ Skipping meals followed by overeating
- ☐ Other: _____

Pantry Upgrade Goals

Choose ONE area to focus on first.

- ☐ Reduce sugary beverages
- ☐ Increase protein-rich foods
- ☐ Add more vegetables
- ☐ Improve snack choices
- ☐ Reduce ultra-processed foods
- ☐ Replace one processed item with a whole-food alternative
- ☐ Improve hydration
- ☐ Other: _____

Pantry & Refrigerator Check-Up (continued)

Reflection

What surprised me during this exercise?

What is one simple change I am willing to make this month?