

PANTRY UPGRADE GUIDE

What to Look For Instead

As you finish products and restock your pantry, refrigerator, and freezer, use this guide to identify foods that may better support overall health and reduce the body's inflammatory burden.

Build Your Plate Around Protein

Protein supports muscle health, immune function, tissue repair, blood sugar balance, and healthy aging.

Consider adding:

- ☐ Fish and seafood
- ☐ Chicken or turkey
- ☐ Lean cuts of meat
- ☐ Eggs (if tolerated)
- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Tofu or tempeh
- ☐ Protein powders with minimal ingredients
- ☐ Beans and lentils

Notes:

Pantry Upgrade Guide (continued)

Fill Half Your Plate with Color

Colorful fruits and vegetables provide vitamins, minerals, antioxidants, fiber, and plant compounds that help support cellular health.

Aim for a variety of:

- ☐ Leafy greens
- ☐ Cruciferous vegetables (broccoli, cauliflower, cabbage)
- ☐ Bell peppers
- ☐ Tomatoes
- ☐ Berries
- ☐ Citrus fruits
- ☐ Sweet potatoes
- ☐ Carrots
- ☐ Other colorful produce

Notes:

Choose Fiber-Rich Foods

Fiber supports gut health, blood sugar balance, and digestive regularity.

Look for:

- ☐ Vegetables
- ☐ Fruits
- ☐ Beans
- ☐ Lentils
- ☐ Oats
- ☐ Chia seeds
- ☐ Flax seeds

Pantry Upgrade Guide (continued)

Choose Fiber Rich Foods

- ☐ Nuts
- ☐ Seeds

Notes:

Upgrade Your Fats

Healthy fats support cell membranes, brain health, hormone production, and satiety.

Consider:

- ☐ Extra-virgin olive oil
- ☐ Avocados
- ☐ Nuts
- ☐ Seeds
- ☐ Nut butters
- ☐ Fatty fish
- ☐ Olives

Notes:

Choose Better Carbohydrates

Carbohydrates can be part of a healthy eating pattern, especially when they are less processed and paired with protein and healthy fats.

Look for:

- ☐ Sweet potatoes
- ☐ Squash
- ☐ Beans

Pantry Upgrade Guide (continued)

Choose Better Carbohydrates

- ☐ Lentils
 - ☐ Oats
 - ☐ Quinoa
 - ☐ Brown rice
 - ☐ Whole grains that work well for your body
- Notes:

Improve Your Beverages

Hydration is one of the simplest and most powerful health habits. Choose:

- ☐ Water
- ☐ Mineral water
- ☐ Herbal tea
- ☐ Unsweetened tea
- ☐ Sparkling water
- ☐ Water infused with fruit or herbs

Notes:

Support Your Gut

Many people benefit from including foods that support a healthy microbiome. Consider:

- ☐ Fermented vegetables
- ☐ Yogurt with live cultures

Pantry Upgrade Guide (continued)

Support Your Gut

- ☐ Kefir
- ☐ Sauerkraut
- ☐ Kimchi
- ☐ Prebiotic-rich foods such as onions, garlic, asparagus, and oats Notes:

Build an Anti-Inflammatory Pantry

Stock staples that make healthy choices easier. Ideas include:

- ☐ Extra-virgin olive oil
- ☐ Herbs and spices
- ☐ Garlic
- ☐ Turmeric
- ☐ Ginger
- ☐ Canned wild-caught fish
- ☐ Nuts and seeds
- ☐ Beans and lentils
- ☐ Frozen vegetables
- ☐ Frozen berries
- ☐ Oats
- ☐ Chia seeds
- ☐ Flax seeds

Notes:

Pantry Upgrade Guide (continued)

Start Small

Choose one or two areas to focus on this month. ☐ Increase protein

☐ Eat more vegetables

☐ Improve hydration

☐ Add more fiber

☐ Reduce added sugars

☐ Reduce ultra-processed foods

☐ Improve snack choices

☐ Support gut health

My focus for this month: