



How to clean out your pantry

PHASE IN



PHASE OUT



Plain, low-fat yogurt—add real fruit and/or honey

Fruit-flavored and “fruit-on-bottom” yogurts

Whole grains: barley, quinoa, oats, brown rice, bulgur, and 100% whole-grain bread, pasta

Refined grains: white and highly processed pasta, rice, bread, cracker products

Low-fat milk, unsweetened iced tea, coffee, water

Sweetened or artificially flavored waters, teas, coffee, and juices

Legumes: black, white, navy, kidney, garbanzo beans, lentils, peas, edamame

Canned baked beans, chilis, and soups

Fresh and frozen vegetables: steamed, sauteed, roasted

Mashed potatoes, vegetables with added cream and butter

Plant-based fats: avocados, nuts, nut butters, seeds, olive oil, flax oil

Margarine, mayonnaise, highly-processed vegetable oils

Canned fish: herring, tuna, salmon, sardines

Heavily processed, cured, and salted meats

Homemade dressings, marinades

Store-bought dressings, marinades