

WHAT'S IN YOUR PANTRY?

(Compiled by Sharon L. Benedict, Harvest Enterprises ©2004)

When you are ready to change the foods you have in your pantry, refrigerator, and freezer, this diverse food pantry list will prove invaluable. On this one page, you will be able to easily inventory your supplies to assess the *variety* and *whole foods* you will be stocking. Enjoy the shopping adventure for those wonderful food choices we have at our local grocery store and health food markets.

Animal Proteins-

Beef, Dairy
Fish/Freshwater-Bass,
Catfish, Perch,
Salmon, Trout
Fish/Saltwater-Cod,
Flounder, Haddock,
Mackerel, Mahi-mahi,
Roughy, Sea Bass, Sea
Trout, Sole, Sturgeon,
Swordfish, Tuna,
Whitefish
Goat
Lamb
Ostrich
Pork
Quail, Chicken + eggs
(mayonnaise)
Rabbit
Seafood/shelled-Clams,
Crab, Lobster,
Scallops, Shrimp
Turkey, Duck, Goose
Venison

Oils/Fats/Vinegars-

Acetic Acid Solution
Almond
Apple Vinegar
Avocado
Citrus-lime, lemon
Corn
Cottonseed
Grape (wine vinegar)
Olive Oil
Peanut
Rice Vinegar
Safflower
Sesame
Soybean
Sunflower

Grains/Carbohydrates-

Amaranthus
Arrowroot
Baking powder (corn)
Baking powder (incl.
Potato type)
Baking Soda
Baking soda
Barley
Corn (Corn Meal,
Popcorn)
Cream of tartar
Jerusalem Artichoke Flour
Millet
Oats,
Potato starch
Quinoa
Rice
Rye

Sorghum
Spelt
Tapioca
Wheat
Wild Rice
Vegetables-
Alfalfa
Artichoke
Asparagus
Avocado
Beans-Black, Green,
Soybean, Lentil, Kidney,
Lima, Navy, Pinto
Beets & Beet greens
Bell peppers
Broccoli
Brussels Sprouts
Butternut
Cabbage (all types)
Carrot
Cauliflower
Celery
Chive
Collards
Corn
Cucumber
Eggplant
Endive
Kale
Kohlrabi
Leeks
Lettuce-Heart, Butter ,
Iceberg, Leaf, Romaine
Mushrooms
Okra
Onion
Peas, Black-eyed peas
Pumpkin
Radish
Rhubarb
Rutabaga
Shallots
Spaghetti & Acorn
squash
Spinach
Sweet Potato, Yams
Swiss Chard
Tomato
Turnip
Watercress
Yeast (Baker's, Brewer's)
Yellow Squash
Zucchini

Nuts, Seeds, & Spices-

Agar Agar
Allspice
Almond
Anise seed
Basil
Bay Leaf

Black/White Pepper
Brazil Nut
Caraway
Cardamom
Carob chips & powder
(unsweetened)
Carrageen
Cashew
Cayenne Powder
Celery Seed
Chestnut
Chili Pepper,
Cinnamon
Cloves
Cocoa, Chocolate
Coriander
Cumin
Dill,
Dulse
English Walnut, Black
Walnut
Filbert
Flaxseed
Garlic
Ginger
Hazelnut
Horseradish
Kelp
Macadamia Nuts
Mace, Nutmeg
Marjoram
Mustard seed/powder
Oregano
Papitas,
Paprika
Parsley
Peanut
Pecans
Peppermint
Pine Nuts
Pistachio
Poppy Seed
Pumpkin Seeds
Rosemary
Sage
Sesame Seed
Spearmint,
Squash Seed
Sunflower Seed
Tarragon
Thyme,
Turmeric

Fruits-

Apple
Apricot
Banana
Blackberry
Blueberry
Boysenberry
Cherry

Coconut
Cranberry
Currant
Date
Elderberry
Fig
Grape/raisins
Grapefruit,
Guava
Kiwi
Lemon
Lime
Mango
Melons-Cantaloupe,
Honey Dew, Crenshaw,
Casaba, Watermelon
Nectarine,
Orange
Papaya
Peach
Pear,
Persimmon
Pineapple
Plantain
Plum (Prunes)
Raspberry,
Rosehip
Strawberry
Tangerine
Wintergreen

Sweets-

Beet Sugar
Cane Sugar
Date Sugar
Dextrose, Glucose
Fructose (corn)
Gelatin (plant)
Honey (fructose, glucose)
Maple Syrup
Molasses
Sorghum syrup
Turbinado Sugar
Vanilla

Tea & Other Drinks-

Alfalfa
Chamomile
Fruits-all sorts
Lemon Balm
Milk-Cow, Goat, Oat,
Rice, Nuts, Soy
Papaya
Peppermint
Raspberry leaf
Rosehips
Spearmint
Strawberry leaf
Teas-Green, Black
Water (plain and fortified)
Yerba Matte