

## Nourished Kids 2019 Pantry Checklist

*Directions: Circle each conventional food item that you find in your pantry today. Then highlight those items that you most want to eliminate for good. Feel free to write in items not listed here, and make a note of any items you really love but would consider trading in for a healthier alternative. We will tackle that in Week 3.*

### Bread and Flour Products

Baguettes, sandwich bread (any kind), English muffins, bagels, crackers, croissants, Danishes, donuts, scones, graham crackers, pizza, pretzels, muffins, rolls, tortillas, Triscuits, Wheat Thins, animal crackers, brownies, cake, cookies, cupcakes, pies, Cheez-Its..

### Breakfast Foods

Dry cereals, Cream of Wheat, oatmeal, grits, granola, pancakes, waffles, French toast

### Chips

Corn, potato, tortilla

### Cooking Grains

Amaranth, barley, bulgar, couscous, millet, rye

### Pastas

Spaghetti, macaroni, penne, rigatoni, etc.

### Puffed Snacks

Cheetos, Goldfish, Pirate's Booty, popcorn, rice cakes

Rice (except wild rice which is categorized as a grass, not a grain)

### Baking Ingredients

Corn meal, corn starch, corn syrup, white/wheat flour, artificial sweeteners, white sugar, brown sugar, baking mixes, chocolate and other baking chips, corn oil, soybean oil, canola oil, vegetable shortening/Crisco, refined syrups like Aunt Jemima

### Beverages

Sports drinks like Gatorade/Powerade/Vitamin Water, fruit juices, designer coffee drinks, energy drinks, fruit-flavored drinks, milk, non-dairy milks, powdered mixes, sodas, sweetened cocktails, sweetened teas, vegetable juices

### Condiments

Honey mustard, ketchup, jam/jellies/preserves, mayonnaise, low-fat salad dressings, salad dressings made with canola or soybean oil, anything containing high fructose corn syrup, sugar, MSG and/or PUFA oils (canola, soybean, corn, safflower, etc.)

### Sweet Treats

Candy, candy bars, and all other confections