



# PANTRY GUIDE



A suggested guide to stocking your pantry.

## FRUITS AND VEGETABLES

- Canned fruit & fruit cups in water or natural juices
- Dried fruit and vegetables
- Low or no sodium canned vegetables
- Low sodium 100% vegetable juice
- Low sodium shelf stable pasta sauces
- No sugar added 100% fruit juice

## WHOLE GRAINS, CEREALS, BREADS, AND PASTAS

- Brown or wild rice
- Hot cereal
- Low-fat / low-sugar granola bars
- Quinoa
- Rolled oats / oatmeal
- Whole grains breads and tortillas
- Whole grain crackers
- Whole grain pasta
- Whole grain, low-sugar cereals

## FATS AND OILS

- Canola oil
- Olive oil
- Low sugar and sodium nut butter

## FROZEN FOODS

- Lean meats
- No salt added frozen vegetables
- No sugar added frozen fruit

## EXTRAS

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## POULTRY, MEAT, SEAFOOD

- Canned seafood in water
- Low sodium beef stew
- Low sodium chicken and beef broth
- Low sodium soup
- Low sodium canned chicken

## REFRIGERATOR

- Lean meats
- No salt added frozen vegetables
- No sugar added frozen fruit
- 1% or skim milk
- Eggs
- Fresh fruit
- Fresh vegetables
- Low-fat cheese
- Low-fat yogurt

## DAIRY AND EGGS

- Powered milk
- Shelf-stable low-fat milk or calcium-fortified dairy alternatives (unsweetened)

## BEANS AND LEGUMES

- Low or no sodium canned beans
- Low Sodium chili beans
- Dried beans / peas



Sun City Dietitians

For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://EPDIABETES.ORG/NOW-WHAT/)