



# PANTRY CHECKLIST



## FRESH PRODUCE

Choose local, organic and seasonal, and always wash your produce before using. Shop from small farmer's markets and small vegetable vendors.

## DAIRY & MEATS/ POULTRY PRODUCTS

Choose organic dairy products:  
Plain yoghurt  
Eggs  
Raw cheese  
Locally sourced chicken, meat and fish  
Paneer  
Skimmed cow's milk

## CONDIMENTS, SWEETENERS & OILS

Sauces: Avoid buying ketchup, mustard sauces, salad dressings as much as possible. If you plan to buy then opt for small bottles.

Oils: Olive oil, coconut oil, pure ghee

Sweeteners: Choose natural sweeteners; coconut sugar, raw honey, or maple syrup.

## GRAINS & LEGUME PRODUCTS

Opt for whole wheat and organic products.  
Look for alternative grains such as ragi, jowar, amaranth (rajgira), buckwheat, quinoa or flax.  
Pick a variety of dals.  
Choose beans like chole, rajma, chawli.

## NUTS/SEEDS & DRIED FRUITS

Nuts: Unsalted peanuts, roasted chana, almonds, walnuts

Seeds: Sunflower, sesame, pomegranate and chia seeds

Dried fruits: Dried figs and apricots. and dates

## BAKERY PRODUCTS

Bake your own bread or find a local baker and get your favorite customized bread made.  
Read the labels carefully to see if there is added sugar and what kind of flour is used.  
Choose small packets or small portion size.

## SNACKS

Make your own fresh snack from what is available in your kitchen.  
Say no to farsan and chips.  
Peanuts, nuts and dry fruits are great options as a snack.

## BEVERAGES

Go for juices that are organic, not made from concentrate, and have no added sugars, flavours or colours.  
Avoid flavoured waters.