

## foods to stock your pantry

### Asthma

Keeping a few key ingredients on hand can help make cooking a meal or grabbing a snack even easier, especially on days when energy is low. Items included on this list are not only nutritious but can be easily prepared to help dedicate more time to doing things that matter most to you.

Grains	
Bean-Based Pastas	Instant Brown Rice
Cream of Wheat®	Cream of Rice®
Old Fashioned Oats	Polenta
Quick-Cooking Barley	Quinoa
Low-Sugar, Whole Grain Cereal, such as Cheerios®	
Whole Grain Crackers	
Whole Grain Pastas	

Protein	
Beef Stock	Chicken Stock
Chicken (cans or pouches)	Salmon (cans or pouches)
Tuna (cans or pouches)	Nut or Seed Butters
Raw or Roasted Nuts or Seeds	
Canned or Dried Beans and Legumes	

Herbs & Spices (Dried or Powdered)		
Basil	Garlic Powder	Oregano
Chili Powder	Ginger	Rosemary
Cinnamon	Ground Pepper	Sage
Cumin	Italian Seasoning	Thyme
Curry Powder	Onion Powder	Turmeric

Fruits
Canned Fruit (packed in water)
Dried Fruit (avoid if sulfite sensitive)

Vegetables
Dried or Canned Beans and Legumes
Canned, Reduced-Sodium Vegetables (avoid if sulfite sensitive)
Onions
Pasta/Marinara Sauce
Potatoes (avoid dried potatoes if sulfite sensitive)
Vegetable Stock

Oils
Avocado Oil
Canola Oil
Coconut Oil
Extra Virgin Olive Oil
Vegetable Oil

## foods to stock your pantry

### Asthma

Liquids/Beverages
100% Fruit Juice (cherry, cranberry, pomegranate, orange, apple) (avoid grape juice if sulfite sensitive)
100% Vegetable Juice (avoid if sulfite sensitive)
Coffee (decaf or regular)
Tea, Regular or Decaf (avoid if sulfite sensitive)
Water (plain or sparkling)

Baking Essentials
Baking Soda
Baking Powder
Flour or Gluten-Free Flour, if gluten-free
Sugar