

foods to stock your pantry

HIV

Keeping a power-packed pantry can help you stay well-nourished. Items found on this list can be easily stored and prepared, which is especially helpful when you may not be feeling well.

Grains	
Bean-Based Pastas	Pasta
Bread	Polenta
Cream of Wheat®	Rice
Granola Bars	Whole Grain Crackers
Instant Brown Rice	Whole Grain Pasta
Low-Sugar Cereal	Quick-Barley
Old-Fashioned Oats	Quinoa

Protein
Canned Beans and Legumes
Nut or Seed Butters
Salmon (cans or pouches)
Tuna Fish (cans or pouches)
Chicken (cans or pouches)
Roasted Nuts or Seeds (almonds, cashews, chia seeds, peanuts, pistachios, sunflower seeds, walnuts)

Herbs, Spices and Condiments (Dried or Powdered)	
Basil	Honey
Cinnamon	Italian Seasoning
Cumin	Oregano
Chili Powder	Pepper
Dijon Mustard	Rosemary
Garlic	Turmeric
Ginger	

Beverages
100% Juice
Chicken or Beef Stock
Coffee
Naturally Flavored Sparkling Water
Shelf-Stable, Non-Dairy Milk
Sports Drinks
Tea
Water

Fruit
Applesauce
Canned Fruit (packed in water)
Dried Fruit

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Vegetables
Canned Beans and Legumes
Canned, Reduced-Sodium Vegetables
Canned Tomatoes
Onions
Pasta/Marinara Sauce
Potatoes
Sweet Potatoes
Vegetable Juice
Vegetable Stock

Other
Canola Oil
Commercial Thickeners (to thicken liquids, if necessary)
Extra Virgin Olive Oil
Liquid Meal Replacements (Boost®, Carnation Instant Breakfast®, Ensure®, Orgain®)
Low-Sodium Gravy (to moisten food, if necessary)
Pudding Cups
Protein Powder
Vinegar (apple cider, balsamic, white)