Give your kitchen a healthy uplift by adding delicious staples of the African Heritage Diet. It’s not necessary to have everything on this list to be healthy. Use it to help you keep a variety of items on hand so you always have healthy meal options.

**IN THE PANTRY**

- **Beans** (low-sodium canned or dried): Black eyed peas, kidney beans, pigeon peas, fava or broad beans, butter beans, black beans, chickpeas, and lentils
- **Whole Grains & Flour**: Barley, millet, oats, sorghum, brown rice, wild rice, cornmeal, teff, and whole-grain flours
- **Breads**: Flatbreads and other breads (mostly whole grain)
- **Light Coconut Milk** (canned)
- **Canned Seafood**: Dried shrimp, saltfish, anchovies, clams, salmon, sardines, and tuna
- **Cereals**: Oatmeal, plus other hot or cold cereals using rice, Kamut®, corn, and other whole grains. The best choices list the first ingredient as “whole grain.”
- **Preserves & Pickles**: Jams and pickled fruits, like mango, and vegetables
- **Garlic & Onions**: Keep a garlic bulb or two within easy reach. Red, yellow, and Vidalia onions keep best in a cool, dark pantry.
- **Coffee and Teas** (for iced or hot)
- **Herbs & Spices**: Cinnamon, cloves, coriander, crushed red pepper, cumin, curry powder, dill, garlic powder, ginger, oregano, paprika, rosemary, saffron, sage, thyme, turmeric, dried peppers, or blends like Caribbean seasonings.
- **Low-Sodium Soups & Stocks**: Lentil, Vegetable, Tomato, Potato and Leek, Red Bean and Rice
- **Nuts**: Peanuts, cashews, pecans, brazil nuts, almonds
- **Honey, Molasses, and/or Brown Sugar**
- **Oil**: Red palm oil, extra-virgin olive oil, sesame oil, peanut oil, and coconut oil
- **Pasta**: Whole wheat couscous and pastas; rice, quinoa, and corn pastas and macaroni are also available.
- **Tubers & Plantains**: Sweet potatoes, yams, yucca, cassava, breadfruit, potatoes
- **Seeds**: Sesame, pumpkin, sunflower seeds
- **Tomatoes**: Canned, paste, sauce

**IN THE REFRIGERATOR**

- **Certain Fruits** (berries, watermelon)
- **Hot Sauce & Salsa**
- **Hummus • Pickles • Eggs**
- **Vegetables** (cooking greens & salad greens)
- **Fresh Herbs**
- **Dried Herbs & Spices**
- **Natural Peanut or Almond Butter**
- **Fresh Seafood**
- **Yogurt • Milk** (soy, rice or lactose-free milk are available alternatives)
- **Water & Sparkling Water**
- **Leftovers!**

**IN THE FREEZER**

- **Frozen Fruit**
- **Frozen Poultry**
- **Frozen Seafood**
- **Frozen Beans & Peas**
- **Frozen Vegetables**

**ON THE COUNTER OR KITCHEN TABLE**

- **Fresh Fruit**: Select favorites from the African Heritage fruit list, including: avocados, apricots, cherries, grapefruit, lemons, limes, oranges, melons, bananas, mangos, apples, peaches, or papayas. These fruits keep best at room temperature.
- **Squashes & Tomatoes**: Squashes are healthy and filling, and best stored at room temperature too (like butternut squash and pumpkin), as are tomatoes.

### Grains
Choose mostly whole grains. These contain the word “whole” as the first ingredient. Ex: “whole wheat.” Some products also have the Whole Grain Stamp on their packages.

- Couscous
- Rice and Wild Rice
- Millet
- Whole Grain Grits
- Oats or Oatmeal
- Barley
- Whole Wheat Flour
- Whole Wheat Bread
- Teff (grain or flour)
- Sorghum
- Whole Cornmeal

### Seafood
Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.

- Red Snapper
- Catfish
- Cod
- Scallops
- Clams
- Tilapia
- Tuna
- Salmon
- Sardines

### Healthy Oils, Vinegars and Sauce Bases
Store oils in a cool, dark place to make them last longer.

- Olive Oil (Extra-Virgin)
- Canola Oil
- Unrefined Red Palm Oil
- Coconut Oil (Extra Virgin)
- Sesame Oil
- Apple Cider Vinegar
- Other Favorite Vinegars
- Light Coconut Milk

### Herbs and Spices
Fresh and dried herbs and spices are a great way to add flavor without adding fat or salt.

- Cilantro
- Parsley
- Mint
- Ginger
- Dill
- Cayenne Pepper
- Cinnamon
- Coriander
- Dried Peppers
- Cumin

### Beans
Beans are a great way to add fiber and protein to meal.

- Black-eyed Peas
- Butter Beans
- Black Beans
- Kidney Beans
- Fava Beans (Broad Beans)
- Lima Beans
- Chickpeas (Garbanzos)
- Pigeon Peas

### Eggs, Dairy & Meats

- Low-fat Milk (or Milk Alternatives)
- Yogurt
- Eggs
- Tofu
- Chicken & Poultry
- Fresh Lean Meats

### Nuts and Seeds
Both are a great source of protein, fiber, and healthy fats.

- Peanuts
- Almonds
- Cashews
- Brazil Nuts
- Sunflower Seeds
- Pumpkin Seeds
- Natural Peanut Butter

### Fruits
Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- Peaches
- Cherries
- Blackberries
- Oranges
- Watermelon
- Blueberries
- Mangoes
- Bananas
- Papaya
- Pineapples
- Lemons & Limes

### Vegetables & Tubers
Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- Tomatoes (fresh, canned, pastes)
- Okra
- Cabbage (Green or Purple)
- Red / Green Bell Peppers
- Green Beans
- Eggplant
- Broccoli
- Beets
- Radishes
- Brussels Sprouts
- Zucchini
- Squash
- Carrots
- Onions (yellow, red or Vadalia)
- Garlic
- Collard Greens
- Mustard Greens
- Watercress
- Spinach
- Kale
- Beet Greens
- Turnip Greens

### Leafy Greens
Greens are a staple food of African Heritage. Choose from a wide variety and experiment with ways of preparing them. Cook them lightly to retain all of their valuable nutrition.

- Lettuce
- Watercress
- Dandelion Greens

### Miscellaneous
Including other pantry essentials and home goods like cleaning supplies so you don’t forget!

- Low-Sodium Soups
- Sea Salt
- Tea
- Coffee
- Hummus
- Low-Sodium Pickles

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