

PANTRY SWAPS

Many pantry staples are ultra-processed and high in additives, refined oils, or hidden sugars. Swapping them out for wholefood alternatives helps support better energy, digestion, blood sugar balance, and long-term health. Making healthy changes doesn't have to happen overnight. Small upgrades = big impact over time!

Quick tips

- **Upgrade slowly:** Replace one item per week to avoid overwhelm.
- **Use what you have first:** No need to waste food.
- **Plan meals ahead:** Choose swaps that work with your go-to meals.
- **Read ingredient labels:** Aim for short, recognisable ingredients lists.
- **Shop the perimeter:** Stick to fresh food aisles first.



Mindfulness over restriction

Completely cutting out sugar or processed foods can often backfire and lead to cravings & binges. Instead, follow the 90/10 rule: aim to eat wholesome, balanced meals 90% of the time, and allow for flexibility and enjoyment in the remaining 10%.



Pantry Staples

Extra-virgin olive oil

Fresh/frozen fruit & veg

Oats, quinoa, brown rice

Tin beans & lentils

Nuts & seeds

Apple cider vinegar

Dried herbs & spices

Frozen fish, poultry, meat

Eggs & Greek yogurt

Remove	Include
Canola, sunflower, vegetable, rice bran, soybean & corn oil	Extra virgin olive oil, avocado oil, coconut oil
Margarine & nuttelex	Grass-fed butter, coconut oil
White rice, regular pasta	Brown rice, wholegrain, pulse or buckwheat pasta
White bread	Wholegrain, sourdough, rye, spelt
Cereal	Rolled oats with nuts, seeds & fruit
Flavoured yoghurt	Plain Greek yoghurt, natural coconut yoghurt
Canned soup or instant noodles	Homemade versions with herbs, veggies, legumes, soba noodles and olive oil
Processed deli meats	Boiled eggs, grilled chicken, tinned tuna
Store-bought salad dressings	Olive oil, lemon juice, vinegar, herbs
Soft drinks	Sparkling water with lemon, kombucha, or herbal teas
Jar pasta sauce	Passata with olive oil, garlic & herbs
Canned fruit	Fresh or frozen fruit
Potato chips, lollies & processed snacks	Dark chocolate, dried fruit, boiled eggs, protein balls, nuts, seeds, fruit, roasted chickpeas, air-popped popcorn
Ice cream	Greek yoghurt, honey & fruit or blended frozen bananas 'nice cream'
White flour	Organic wholemeal, buckwheat, spelt
Bread crumbs	Blended oats with herbs and spices