

“PACKAGED FOODS”

A picture book of minimally processed foods that are compliant with a whole-foods plant-based diet.



BAKING INGREDIENTS



Arrowroot Starch

- ▶ Ingredients: arrowroot starch/flour
- ▶ Can be used anytime you'd normally use cornstarch
- ▶ Brands like Bob's Red Mill, generic store brand



Date Sugar or Sucanat

- ▶ Ingredients: dates or dehydrated cane sugar
- ▶ Can be used anywhere you'd normally use sugar
- ▶ Brands like Date Lady, Wholesome Sweeteners, generic store brand

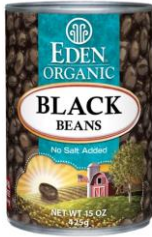


Whole Grain Flours

- ▶ White whole wheat, oat spelt, whole wheat pastry
- ▶ Brands like Bob's Red Mill, generic store brand



BEANS (DRY OR CANNED)



Canned Beans

- ▶ Ingredients: beans, water, sometimes kombu
- ▶ Look for “no-salt added” or “low sodium”
- ▶ Brands like Eden Organic, H-E-B, Westbrae, generic



Dry Beans

- ▶ Ingredients: dry beans
- ▶ Soak overnight then cook on the stove, in a crockpot, or in a pressure cooker
- ▶ Brands like H-E-B, Rancho Gordo, generic

BREADS & TORTILLAS



Breads

- ▶ Look for whole grains and avoid brands with sugar or oil
- ▶ Brands like Dave's Killer Bread, Food for Life Ezekiel (frozen)



Tortillas

- ▶ Brown rice, corn, sprouted grain, or whole wheat
- ▶ Look for whole grains and avoid brands with sugar or oil
- ▶ Brands like Breads for Life, Ezekiel, Engine 2 at Whole Foods Market, La Tortilla Factory

BROTH & SOUPS



Mushroom Broth

- ▶ Ingredients: water, mushrooms, sea salt, garlic
- ▶ Brands like Pacific



Vegetable Broth

- ▶ Ingredients: filtered water, carrots, tomatoes, celery, onions, garlic, leeks, sea salt and spices
- ▶ Look for “no-salt added” or “low sodium”
- ▶ Brands like Pacific



CONDIMENTS



Coconut Aminos

- ▶ Ingredients: coconut sap aged and blended with sea salt
- ▶ Brands like Coconut Secret or Big Tree Farms



Low-Sodium Soy Sauce

- ▶ Ingredients: water, wheat, soybeans, salt
- ▶ Brands like Kikkoman



Tamari

- ▶ Ingredients: soybeans, salt
- ▶ Brands like San-J or Eden Organic



CONDIMENTS



Cayenne Sauce

- ▶ Ingredients: aged cayenne red peppers, distilled vinegar, water, salt, garlic powder
- ▶ Look for "oil-free"
- ▶ Brands like Frank's

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Nutritional Yeast

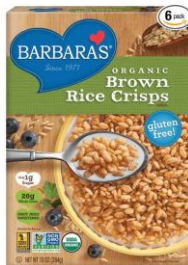
- ▶ Ingredients: inactive dry yeast, nicain (B3), pyridoxine HCl (B6), riboflavin (B2), thiamin HCl (B1), folic acid, and vitamin B12
- ▶ Brands like Bragg, generic



Mustard

- ▶ Ingredients: distilled white vinegar, water, mustard seed, sea salt, clove
- ▶ Look for no-salt added and avoid brands with sugar
- ▶ Brands like Annie's

COLD CEREALS



Brown Rice

- ▶ Ingredients: whole grain brown rice, fruit juice concentrate, salt
- ▶ Brands like Barbara's

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Ezekiel 4:9

- ▶ Many flavors available
- ▶ Ingredients: various types of sprouted grains, filtered water, salt
- ▶ Brands like Ezekiel 4:9



Shredded Wheat

- ▶ Ingredients: whole grain wheat
- ▶ Brands like Arrowhead Mills, Engine 2 (only found at Whole Foods Market)

HOT CEREALS



Amaranth

- ▶ Ingredients: whole amaranth grain
- ▶ Brands like Arrowhead Mills, Bob's Red Mill



Corn Grits

- ▶ Ingredients: degermed corn
- ▶ Brands like Arrowhead Mills, Bob's Red Mill



Steel Cut Oats

- ▶ Ingredients: whole grain oats
- ▶ Brands like Bob's Red Mill, Quaker



GRAINS



Brown Rice

- ▶ Ingredients: whole brown rice
- ▶ Brands like Lundberg Farms, generic brands



Couscous

- ▶ Ingredients: whole wheat couscous
- ▶ Brands like Rice Select, generic brands



Quinoa

- ▶ Ingredients: quinoa
- ▶ Brands like Alter Eco, generic brands



NON-DAIRY MILKS



Almond

- ▶ Brands like Almond Breeze, Pacific, Silk



Oat

- ▶ Brands like Pacific



Soy

- ▶ Brands like Silk, Pacific

If you don't like one, try something different! Other non-dairy milks include cashew, hemp, macadamia, oat, rice, etc.



PASTA



Brown Rice

- ▶ Brands like Tinkyada, Lundberg Farms, generic brands



Chickpea

- ▶ Brands like Banza



Whole Wheat

- ▶ Brands like H-E-B, Barilla, generic



SPAGHETTI SAUCE



Tomatoes only

- ▶ Ingredients: tomatoes
- ▶ Look for "oil-free"
- ▶ Brands like Pomi



Marinara Sauce

- ▶ Ingredients: tomatoes, red peppers, carrot, onions, sweet potato puree, tomato paste, and spices
- ▶ Look for "oil-free"
- ▶ Brands like Engine 2 at Whole Foods Market, Dellalo, or Trader's Joes

TOMATOES



Diced Tomatoes

- ▶ Ingredients: tomatoes, tomato juice
- ▶ Look for "no-salt added" and avoid brands with oil, sugar, or high fructose corn syrup
- ▶ Brands like Eden, Muir Glen, O Organics, or Pomi



Tomato Paste

- ▶ Ingredients: tomatoes, salt
- ▶ Brands like Del Monte, Dellalo, Muir Glen, Progresso