

A high-angle, close-up photograph of a white ceramic bowl filled with a large portion of spaghetti. The spaghetti is a vibrant yellow color, suggesting it might be coated in a light sauce or oil. The bowl is placed on a white-painted wooden surface with visible vertical planks. In the upper right background, a pair of wooden chopsticks with dark tips is resting on the table. The lighting is soft and even, highlighting the texture of the pasta.

Pantry Packets

SAMANTHA PATE
NUTRITION



Packets to have on hand in the pantry.

IDEALLY WE FOCUS ON A WHOLEFOODS APPROACH TO FOOD AND REMOVE ANY PROCESSED OPTIONS. THERE IS A COMMON MISCONCEPTION THAT PACKAGED FOOD MEANS IT IS PROCESSED FOOD. FOR MANY PACKET OPTIONS THIS IS NOT THE CASE. THIS WEEK WE WILL FOCUS ON PACKETS TO HAVE IN YOUR PANTRY THAT ARE NUTRITIONALLY BENEFICIAL. WE WILL ALSO LOOK AT HOW TO READ NUTRITION LABELS SO THAT WHEN COMPARING ITEMS YOU CAN SELECT THE ONE THAT IS BETTER FOR YOU.

Pantry Packets List

DRY STORE

- BROWN RICE
- BROWN RICE NOODLES
- WHOLEMEAL PASTA
- QUINOA
- LENTILS
- NUTS - ESPECIALLY ALMONDS AND CASHEWS
- OATS
- CHIA SEEDS
- NUTRITIONAL YEAST
- CACAO POWDER

TINNED ITEMS

- TINNED TUNA IN SPRINGWATER OR OLIVE OIL
- TINNED SALMON IN SPRINGWATER OR OLIVE OIL
- DICED TOMATOES
- COCONUT CREAM
- CHICKPEAS OR 4 BEAN MIX

JARS & BOTTLES

- OLIVE OIL
- COCONUT OIL
- SOY SAUCE
- UNHULLED TAHINI
- APPLE CIDER VINEGAR
- 100% PURE MAPLE SYRUP

GROUND SPICES

- TURMERIC
- CUMIN
- CORIANDER
- CINNAMON
- SMOKED PAPRIKA
- SALT & PEPPER

FREEZER

- FROZEN VEGETABLES - PEAS, CORN, BROCCOLI, CAULIFLOWER
- FROZEN FRUIT - BERRIES, MANGO, PINEAPPLE
- FROZEN SALMON & OTHER FISH
- CHICKEN BREASTS OR THIGHS
- CUTS OF BEEF OR LAMB



What to look for when buying packaged goods

THE BASICS

- 1. INGREDIENTS
- 2. NUTRIENT CONTENT PER 100G

INGREDIENTS

WHEN PURCHASING PACKAGED ITEMS YOU WANT TO CHECK THE INGREDIENTS FIRST.

THE INGREDIENTS ARE LISTED DUE TO THE AMOUNT THAT IS IN THE PRODUCT.

PLEASE SEE THE BELOW EXAMPLE FOR BOTTLED PASTA SAUCE - THE LARGEST QUANTITY OF AN INGREDIENT IN THIS SAUCE IS TOMATOES AS IT IS AT THE BEGINNING OF THE LIST. THE LEAST AMOUNT OF AN INGREDIENT IS FENNEL AS IT IS AT THE END OF THE LIST.

Ingredients

Tomatoes 92% (from Puree), Sugar, Onion 1.5%, Garlic 1.5%, Thickener (Modified Cornstarch), Salt, Basil, Food Acid (Citric), Yeast Extract, Pepper, Paprika, Oregano, Fennel.

THE LESS INGREDIENTS GENERALLY THE MORE BENEFICIAL.

WHERE POSSIBLE TRY TO PURCHASE PRODUCTS THAT DON'T CONTAIN PRESERVATIVES, ADDITIVES, THICKENERS, COLOURINGS OR FLAVOURINGS.

NUTRIENT CONTENT PER 100G

THE BEST WAY TO DETERMINE THE NUTRITIONAL CONTENT OF A PRODUCT IS BY LOOKING AT THE 100G PANEL ONLY.

IF YOU COMPARE SERVINGS OR PACKAGE SIZES THESE CAN DRAMATICALLY DIFFER DEPENDING ON THE PRODUCT. ALL LABELS IN AUSTRALIA MUST PROVIDE A PANEL WHICH INDICATES THE NUTRITIONAL CONTENT PER 100G OF A PRODUCT.

WHEN COMPARING PRODUCTS YOU WANT TO LOOK AT THE ENERGY AND MACRONUTRIENTS TO BE ABLE TO DISTINGUISH THE IMPACT IT WILL HAVE ON YOUR OVERALL HEALTH.

- ENERGY = THE CALORIE OR KILOJOULE CONTENT OF A PRODUCT.
- PROTEIN = PROTEIN CONTENT. DEPENDING ON THE PRODUCT THIS CAN BE HIGH OR LOW.
- FAT (TOTAL) AND FAT BREAK DOWN = THIS WILL DETERMINE THE TOTAL FAT OF THE PRODUCT AND IF IT IS A "HEALTHY" OR "UNHEALTHY" FAT SOURCE. YOU WANT TO BE MINDFUL OF ALL FAT INTAKE. ENSURE YOU MINIMISE THE INTAKE OF SATURATED AND TRANS-FATS.
- CARBOHYDRATES & SUGARS = INDICATE THE IMPACT THE PRODUCT WILL ULTIMATELY HAVE ON YOUR BLOOD GLUCOSE LEVEL.
- SODIUM = HOW MUCH SALT IS IN A PRODUCT.

A PRODUCT HIGH IN SATURATED OR TRANS-FAT AND SODIUM CAN HAVE A SIGNIFICANT IMPACT ON CARDIOVASCULAR, NEURAL AND RENAL HEALTH (HEART, LUNGS, BRAIN, KIDNEYS AND LIVER).

A PRODUCT HIGH IN CARBOHYDRATES AND SUGARS CAN BE VERY PROBLEMATIC FOR DIABETICS.

IF YOU ARE CONSCIOUS OF WEIGHT MANAGEMENT YOU MAY EXPERIENCE ISSUES REGULARLY CONSUMING PRODUCTS WHICH ARE HIGH IN CALORIES/KILOJOULES.

BASED ON THE EXAMPLES TO THE RIGHT, THE PASTA SAUCE BELOW IS MORE NUTRITIONALLY BENEFICIAL FOR YOU AS IT HAS LESS KILOJOULES, SATURATED FAT, CARBOHYDRATES AND SUGARS AND SODIUM.

Ingredients

Tomatoes (73%) (reconstituted diced) tomato paste (11%) vegetables (9%) (onion carrot) sugar thickener (1442) canola oil salt yeast extract garlic herbs (parsley oregano rosemary thyme) pepper.

Allergen

Corn, Sulphur Dioxide

Nutrition Information

| Nutrition | Avg Qty Per 100g | Avg Qty Per Serving |
|--------------|------------------|---------------------|
| Energy | 273kJ | 341kJ |
| Protein | 1.8g | 2.3g |
| Fat, total | 2.4g | 3.0g |
| – saturated | 0.3g | 0.4g |
| Carbohydrate | 8.1g | 10.1g |
| – sugars | 5.5g | 6.9g |
| Sodium | 406mg | 508mg |

Nutritional Information

Per Serving (125 g)

| | Quantity per serve | %DI* (per serve) | Quantity per 100 g |
|--------------|--------------------|------------------|--------------------|
| ENERGY | 264 kJ | 3% | 211 kJ |
| PROTEIN | 2.1 g | 4% | 1.7 g |
| FAT, total | 0.1 g | 0.20% | <0.1 g |
| saturated | <0.1 g | 0.10% | <0.1 g |
| CARBOHYDRATE | 12.0 g | 4% | 9.6 g |
| sugars | 7.4 g | 8% | 5.9 g |
| SODIUM | 378 mg | 16% | 302 mg |