

A white, multi-tiered circular rotating pantry unit is centered in the image. The unit has a central vertical pole with several circular shelves attached. The shelves have a grid-like pattern. The background is a bright, clean kitchen with white cabinetry and a white ceiling.

HOW TO STOCK AN ANTI- INFLAMMATORY PANTRY

*Your Guide to Healing Ingredients That Support Blood Sugar,
Lower Inflammation, and Protect Your Cells*

An anti-inflammatory pantry is not just a list of foods – it is the **foundation of a healing lifestyle**.

Every item you choose has the power to lower inflammation, restore metabolic balance, protect your mitochondria, and support reversal.

Below is your curated list of **approved, proven, Reverse-It-friendly pantry staples** – with special notes on oils, dairy substitutes, and hidden inflammatory triggers.

1. Oils (Use Sparingly – Choose Wisely)

We minimize oils because:

- Oils are highly calorically dense
- They can accelerate insulin resistance
- Most commercial oils are refined, oxidized, or adulterated
- High heat can damage the endothelium (your vascular lining)

But when chosen properly and used minimally, a few oils can support flavor and absorption of fat-soluble nutrients.

✓ Extra Virgin Olive Oil (REAL EVOO Only)

Many olive oils on the market are **fake, cut with cheaper seed oils, or oxidized**, making them inflammatory.

Here's how to know you're getting real EVOO:

How to Identify Real EVOO

- **Harvest date printed** (not just “best by”)
- **Dark glass bottle** (protects from oxidizing)
- **Single origin** – Italy, Greece, Spain, Portugal, California
- **Cold-pressed / first press**
- **Peppery taste at the back of the throat** (polyphenols)
- **More expensive** – real EVOO is NOT cheap
- **Certified seals** to look for:
 - COOC (California)
 - PDO/PGI (EU)
 - NAOOA
 - Extra Virgin Alliance (EVA)

Why Smoke Point Matters

Traditionally, olive oil had a lower smoke point. Newer processing methods may artificially raise the smoke point – but higher smoke point does NOT guarantee safety.

Damaged, adulterated, or refined oils can create oxidative stress and endothelial injury.

Best Use:

- Add after cooking
- Drizzle on salads
- Use for low-heat sautéing only

✓ Coconut Oil (Small Amounts Only)

Use it for buttery flavor and mouthfeel, but keep intake small.

Requirements:

- **Virgin**
- **Unrefined**
- **Pure**
- No added flavors

Why small amounts?

High in saturated fat — even plant-based — which can impact LDL and insulin sensitivity.

Use occasionally, not daily.

✗ Avoid These Oils Entirely

These are inflammatory, highly refined, linked to metabolic disease, and promote oxidative stress:

- Vegetable oil
- Canola oil
- Soybean oil
- Corn oil
- Safflower oil
- Sunflower oil (high-oleic exceptions exist, but avoid for simplicity)
- Cottonseed oil
- “Mixed oils”

2. Whole Grains & Ancient Grains

Choose low-glycemic, high-fiber options that regulate blood sugar:

- Einkhorn flour
- Quinoa
- Millet
- Sorghum
- Farro
- Freekeh
- Teff
- Buckwheat
- Steel-cut oats
- Brown rice (in moderation)

Avoid refined or enriched grains.

3. Beans, Peas & Legumes

Staples of an anti-inflammatory lifestyle – rich in fiber, plant protein, and minerals.

- Lentils (green, red, black)
- Chickpeas
- Black beans
- Navy beans
- Kidney beans
- Split peas
- Lupini beans
- Mung beans

Use dried when possible for purity. Use only BPA-free cans for convenience

4. Nuts & Seeds (Moderation)

(Use sparingly if reversing diabetes – they are healthy but high-fat.)

Choose raw or dry-roasted:

- Walnuts
- Almonds
- Pecans
- Pumpkin seeds
- Chia seeds
- Flaxseeds

Avoid salted, candied, roasted-in-oil nuts.

5. Canned & Jarred Goods (Clean Labels Only)

Look for:

- BPA-free cans
- No added sugar
- No preservatives
- No oils
- No natural flavors (hidden chemicals)

Best options:

- Crushed tomatoes
- Tomato paste
- Coconut milk light (only for specific recipes; avoid coconut cream – too high in saturated fat)
- Artichokes (water-packed)
- Hearts of palm
- Chickpeas, lentils (no salt added if possible)

6. Sweeteners (Use Minimally)

Choose slow-digesting options:

- Date sugar
- Coconut sugar (small amounts)
- Whole dates
- Maple syrup (limited)

Avoid:

- White sugar
- Brown sugar
- Agave
- Artificial sweeteners

7. Herbs, Spices & Healing Powders

Your healing POWER ingredients:

- Turmeric
- Ginger
- Garlic powder
- Onion powder
- Ceylon cinnamon
- Paprika
- Basil
- Oregano
- Thyme
- Cumin
- Coriander
- Cayenne
- Nutritional yeast

8. Plant-Based Milks (Shelf Stable)

Choose unsweetened and no gums when possible.

Best picks:

- Almond milk
- Cashew milk
- Oat milk (look for low-sugar)
- Coconut milk (light, unsweetened)

Avoid:

- Added oils
- Added sugars
- Thickeners like carrageenan

(Refrigerated yogurts and milks will be in your Refrigerator Guide – separate download.)

9. Other Pantry Essentials

- Apple cider vinegar with the mother
- Balsamic vinegar (no caramel color)
- Tamari or coconut aminos
- Low-sodium vegetable broth
- Sea salt or pink salt
- Black pepper
- Raw cacao powder
- Herbal teas

10. Pantry Ingredients to Completely Avoid

These increase inflammation, insulin resistance, and metabolic dysfunction:

- Dairy (all forms)
- Whey protein
- Casein
- Processed snacks
- Boxed desserts
- Processed cereals
- Margarine
- Shelf-stable creamers
- Protein bars with “natural flavors”
- Seed oils
- Artificial sweeteners