

METABOLIC NUTRITION PROGRAM

Tips For Keeping Kitchen Staples Longer

SPICES & DRIED HERBS



Shelf Life

Whole Spices: 2 years

Ground Spices and Dried Herbs: 1 year

Tips

Buy spices whole, versus ground, and grind them just before using. Grinding releases the volatile compounds that give a spice its flavor and aroma.

Don't store spices and herbs on the counter close to the stove. Heat, light, and moisture shorten their shelf life.

Bay leaves stay fresher in the freezer.

DRIED GOODS

FLOUR

1) Tapioca Flour and Rice Flour

Shelf Life: 3 years

Tips

Don't require refrigeration or freezing.

Opened or unopened, store it in a cool, dry area.



2) Wheat Starch

Shelf Life: 1 year

Tips

Transfer wheat starch into an airtight container and store in a cool, dry area.



SWEETENER

1) Brown Sugar

Shelf Life: Long-lasting

Tips

Store in an airtight container to protect it from heat and moisture.

Softening brown sugar: Store brown sugar in a sealed container with a slice of sandwich bread and leave it overnight.



2) Honey

Shelf Life: Long-lasting

Tips

Keep honey in the pantry (in the refrigerator, honey will crystallize)

Reviving crystallized honey: To remove the crystals, open a glass honey jar, put it in a sauce-pan filled with 1 inch of water, and heat until it reaches 160 degrees.

BAKING AIDS

1) Corn Starch

Shelf Life: Long-lasting

Tips

Store in an airtight container to protect it from heat and moisture.

2) Arrow Root Starch

Shelf Life: 6 months

Tips

Don't require refrigeration or freezing.

Opened or unopened, store it in a cool, dry area.



3) Xanthan Gum

Shelf Life: 3 years

Tips

Don't require refrigeration or freezing.

Opened or unopened, store it in a cool, dry area.



LEAVENING AGENTS

Baking Soda and Baking Powder

Shelf Life: 6 months

Tips

Replace baking powder and soda regularly for best results.

DAIRY

BUTTER

Tips

Butter can pick up off-flavors and turn rancid if kept in the refrigerator for longer than a month. If you don't use a lot, store butter in the freezer for up to 4 months in a zipper-lock bag and thaw sticks as needed.

HEAVY CREAM

Tips

Store cream in its closed container in the refrigerator.

To ensure freshness, do not return unused cream in its original container.

CANNED FOODS

OILS

Shelf Life: 6 months after opening; 1 year unopened

Tips

Store in pantry: olive, canola, corn, peanut, vegetable oil

Store in the freezer: sesame, walnut oil

Checking for freshness: Heat a little oil in a skillet.

If it smells rancid, throw out the bottle.



VINEGARS

Shelf Life: Long-lasting

Tips

Don't toss old vinegars. Vinegars last indefinitely.

CANNED VEGETABLES

Shelf Life

High-acid canned foods (tomato): 12-18 months.

Low-acid canned foods (other vegetables): 2-5 years.

Tips

Store in a clean, cool, dark, dry place.

Moisture can corrode metal lids, break seals, and allow spoilage.