

Enjoy FOOD



Store cupboard checklist



Keep your cupboard well stocked with some core ingredients and you'll be able to whip up a meal in no time.

- | | | |
|---|--|---|
| <input type="checkbox"/> Flour (plain and self-raising, preferably wholemeal, for baking) | <input type="checkbox"/> Cooking oil (choose sunflower, olive or rapeseed oil, and get an oil sprayer, as you'll use less) | <input type="checkbox"/> Dried herbs and spices, instead of salt, such as black pepper, oregano, thyme, basil, fennel, cumin, cardamom and cinnamon |
| <input type="checkbox"/> Rice (choose basmati, wild grain or easy-cook rice) | <input type="checkbox"/> Canned fish (tuna, sardines, mackerel – in water) | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Wholewheat pasta | <input type="checkbox"/> Canned beans (baked beans, butter, cannellini and kidney beans) | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Reduced-salt soy sauce | <input type="checkbox"/> Canned tomatoes | <input type="checkbox"/> Sugar or artificial sweetener |
| <input type="checkbox"/> Dried fruit (good for snacks instead of crisps) – but don't overdo it if you're trying to lose weight or keep blood glucose down | <input type="checkbox"/> Chilli powder | <input type="checkbox"/> Potatoes |
| | | <input type="checkbox"/> Stock cubes (choose reduced-salt varieties) |