

# 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.

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|---|--|---|
| <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)  |