

# What's In My Cupboard?

Try to keep a store of the tinned, dry or fresh foods listed below in your cupboard, fridge or freezer. This will help if you are short of time and can also reduce anxiety when times are hard, as you will always have ingredients to make a tasty, healthy meal.

## Useful foods to have in your cupboard:

- Wholemeal pasta
  - Couscous
  - Tinned vegetables
  - Wholegrain cereal
  - Sugar free jelly cubes
  - Herbs and spices
  - Tinned or dry chickpeas
  - Butter beans, baked beans, kidney beans
  - Crispbread/crackers
  - Vegetable soup
  - Tinned tomatoes
  - Tinned fish
  - Tinned fruit in juice
  - Wholemeal bread
  - Brown rice
  - Vegetable oil
  - Dried fruit
  - Noodles
  - Porridge oats
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## Useful foods to have in your fridge and freezer:

- Sliced lean meats (e.g. chicken, turkey)
  - Lean mince (e.g. beef, turkey)
  - Eggs
  - Natural low-fat yoghurt
  - Cottage cheese
  - Low-fat spread (instead of butter)
  - Semi-skimmed/skimmed milk
  - Low fat crème fraiche or quark
  - Plant based proteins (e.g. tofu, soya chickpeas, lentils, beans, split peas)
  - Extra light mayonnaise
  - Reduced fat cheese
  - Frozen Quorn mince
  - Frozen fruits
  - Frozen vegetables
  - Frozen garlic or paste
  - Frozen ginger or paste
  - Frozen chillies or paste
  - Frozen coriander
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## Cost of cooking appliances

We are all thinking about how we can reduce our energy bills at the moment. The information in this chart can help you think about how you might use different cooking methods and appliances to save money when cooking.

\*Costs are approximate and correct at time of printing October 22

Appliance	Cost per day	Cost per week	Cost per month	Cost per year
Electric Cooker	87p	£6.09	£26.38	£316.54
Dual Fuel (Gas & Electric)	72p	£5.08	£22.00	£264.03
Gas Cooker	33p	£2.32	£10.07	£120.83
Slow Cooker	16p	£1.15	£4.98	£59.76
Air fryer	14p	£1.01	£4.40	£52.74
Microwave	8p	58p	£2.50	£30.02

# Eating Well: Food Groups

To be at our best we all need a balance of different foods. Eating a variety of things from the main food groups will make sure you eat a balanced diet and give you enough energy.

A third of the food we eat each day should be fruit and veg. Just over a third should be starchy food like wholewheat pasta, brown rice or potatoes.

The rest should be a good balance of calcium-rich foods such as milk, cheese, yogurt, and dairy-free alternatives, and protein foods, such as beans, lentils, lean meat, fish, nuts, seeds, eggs, and meatfree alternatives. Only a small amount of fat like oils should be used for cooking.

Small changes all add up to a big difference. Making some simple swaps can help you eat well, stay fuller for longer, and boost your energy. Whether you're at home, out and about, making packed lunches or family dinners – making a swap is easy!

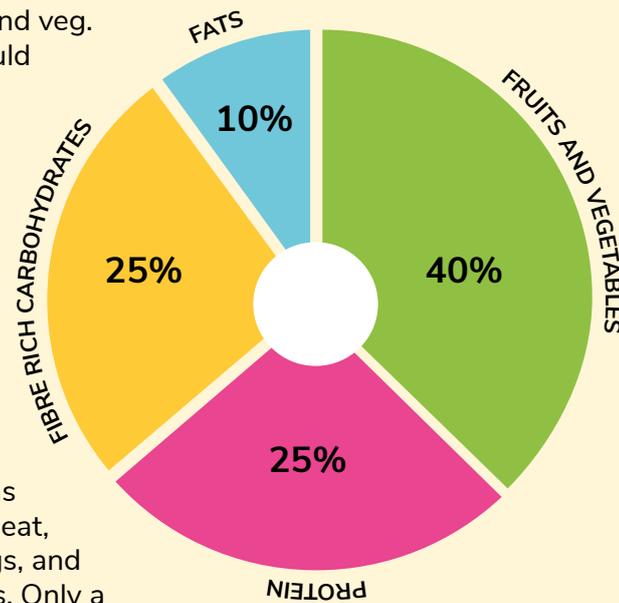
## Combination foods

Some of the foods we eat are a mixture of the main food groups. For example, pasta dishes have pasta which is a carbohydrate and provides us with energy. They also have a sauce which might contain protein and vegetables. Try to check the ingredients in things like sauces to keep an eye out for how much sugar, fat and salt they contain

## Mighty wholegrains!

Wholegrain food is packed with more fibre and nutrients than white or refined starchy food. Our bodies digest it more slowly, so it makes us feel fuller for longer.

To learn more about the Eat Well Guide [click here](#)



## Here are a few of our favourite swaps to help you get started:

### Breakfast



- Swap sugar-coated cereal for wholegrain cereal like shredded wheat or porridge.
- Swap whole milk for semi-skimmed or skimmed milk.
- Swap plain flour for wholemeal flour if you're making rotis or chapattis

### Lunch



- Swap cake for a slice of malt loaf
- Swap white bread, bagels and pittas for wholegrain versions
- Swap sugary fizzy drinks for water

### Dinner

- Swap the frying pan for your grill when cooking meat
- Swap cream in sauces for a low-fat crème fraiche, low fat cheese, or choose a tomato-based sauce
- Swap ghee or butter for vegetable or olive oil – you only need to use small amounts

