



WHAT'S IN STORE?

SAY HELLO TO YOUR CUPBOARD "HEROES"



A well-stocked store cupboard plays an essential part in creating budget-friendly, healthy meals that, as part of a healthy lifestyle, can help to reduce your risk of cancer.

VEGETABLE HEROES

Canned or frozen vegetables still count towards your 5 A DAY, are often cheaper than fresh, and can be just as nutritious.

- **Stock up with canned (or frozen) vegetables** such as sweetcorn, mixed vegetables and spinach. These work well in dishes such as stir-fries and curries.
- There's evidence that vegetables and fruit can **help protect against cancers of the mouth and throat and digestive tract.**



GRAINS AND CEREAL HEROES

Wholewheat pasta is delicious with simple sauces and can also be used in pasta bakes.

- **Brown rice** is tasty and works well with chicken, vegetables and spices. It can also be used in risottos and salads.
- **Porridge oats** provide a nutritious start to the day. For a tasty treat, oats can be used to make flapjacks too.
- There is strong evidence that eating wholegrains **help to protect against bowel cancer.**



PULSE HEROES

Lentils, chickpeas and beans (canned or dried) are nutrient-packed – they are high in fibre and provide a really good source of plant-based protein.

- They can be added to soups, sauces, stews and casseroles, and are a **great way to cut down or replace red meat** in your diet.
- **Try out own-brand varieties to save money** and choose products that have no added salt or sugar.
- Foods containing dietary fibre **help to protect against bowel cancer and against weight gain, overweight and obesity.**



SNACK HEROES

As well as being a nutritious snack, nuts can also be added to stir-fries and salads for extra protein.

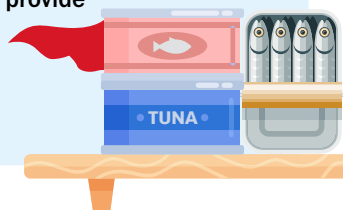
- **Dried fruit and seeds**, such as pumpkin and sunflower, are also delicious as well as being nutritious.
- **Canned fruit** makes for an easy, **vitamin-rich** dessert, but avoid fruit canned in syrup.



CANNED FISH HEROES

Canned fish is cheaper than fresh fish, contains just as much protein and has a relatively long shelf life.

- **Canned fish** works really well in salads, or can be used to make fishcakes.
- **Oily canned fish** (like sardines, salmon, pilchards, mackerel) **provide a rich source of omega-3** – a type of fat that we need for good health.



OIL, SAUCE & SEASONING HEROES

Vegetable oil is good for cooking at high temperatures, whereas oils like olive and rapeseed work well as a salad dressing.

- **Useful basics** to get you started can include chilli powder, mixed spice and mixed herbs.
- **Reduced-salt soy sauce** makes a great addition to stir-fries and marinades.
- Stock cubes can be used in dishes such as curries, stews and chillies, but due to their high salt content, **look for products that are reduced in salt.** Zero salt stock cubes are also available.

