

How to make over your **pantry**

© Healthy Life Media Limited. Reproduced with permission from *Healthy Food Guide* magazine.
For more healthy tips and recipes see www.healthyfood.com



SPICES, HERBS AND SEASONING

Mixed herbs, mixed spice, cinnamon, cumin, curry powder, paprika and chilli flakes

These are good staples that add flavour with less salt. Keep stock of your favourites, and remember they don't keep their flavour forever. Check the ingredients list on spice mixes. For some, salt is the first ingredient, meaning the product has more salt than anything else.



SPREADS AND SWEETENERS

Nut and seed butters

These have all the benefits of nuts and seeds, ready to spread on toast. Choose products with no added sugar or salt.

Honey and maple syrup

Honey and maple syrup are useful for baking and making the occasional sweet treat, but they are still 'free sugars' so limit the total amount you have.

Reduced-sugar jams

There are jams available now with a higher proportion of fruit to sugar. These are a better choice as most people have more sugar than they need. An easy swap for jam lovers.



OILS

Extra virgin olive oil

A flavoursome oil, especially useful in salads.

Rice bran or canola oil

Good value oils that are incredibly versatile. Their high smoke point means they are ideal to use in cooking. Their subtle taste also makes them great to use to dress salads too when you don't want to add too much additional flavour.

Sesame oil

Adds an Asian flavour to dressings and stir-fries.

Oil spray (or in a pump bottle)

This helps you control how much you use.



NUTS, SEEDS AND DRIED FRUIT

Nuts (unsalted almonds, peanuts, cashews, walnuts, Brazils and pine nuts)

Nuts are packed with healthy fats, fibre and a variety of vitamins and minerals. Add a few to your breakfast, smoothies and salads, or sprinkle them over stir-fries.

Seeds (pumpkin, sunflower, sesame and linseeds/flaxseeds)

Seeds are a healthy snack, just be mindful of your portion size as they are very energy dense. A tablespoon or two is enough for most people. You can also make your own nut and seed butters if you have a good blender.

Dried fruit (figs, apricots, dates and prunes)

Use dried fruit in baking or have a small serving with breakfast or as a snack. Keep in mind, dried fruit is a concentrated source of sugar. Dried fruit can be easy to graze on, so avoid making it too accessible in the pantry if you're tempted to keep nibbling.



SAUCES AND CONDIMENTS

Vinegars (red, white and balsamic)

Vinegars are perfect for dressing your salads.

Mustard, wasabi and horseradish

Best kept in the fridge once open, these are great flavour boosters.

Reduced-salt soy sauce and fish sauce

Soy sauce is very high in sodium, so choose the reduced-salt option and use small amounts. Fish sauce is commonly used in Thai cooking, but is also very high in sodium, so use sparingly.

Reduced-fat mayonnaise

Lower in kilojoules and saturated fat than standard versions.



DRINKS

Tea, coffee and herbal teas

Stock decaf options for those who can't tolerate caffeine or for that afternoon or evening hot drink.

Hot and cold brew teas

There are lots of delicious tea bags available, which have no added sugar, that can be made into hot or iced tea.