



Stock your cupboards with pantry staples

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we think your pantry is the key to home cooking...



Your pantry picks can make a meal ...

Fresh ingredients are key to meals however, your dry goods also play their part. Having a selection of dry goods, tinned ingredients, or flavourings such as herbs & spices can elevate any meal.



what do we mean by dry goods?



These are all the ingredients that typically do not need to be stored in the refrigerator, and include pasta, rice, and other grains and cereals, tinned foods, pickles and preserves, dried herbs & spices, legumes, nuts & seeds, oils, vinegars and other composite ingredients for cooking.

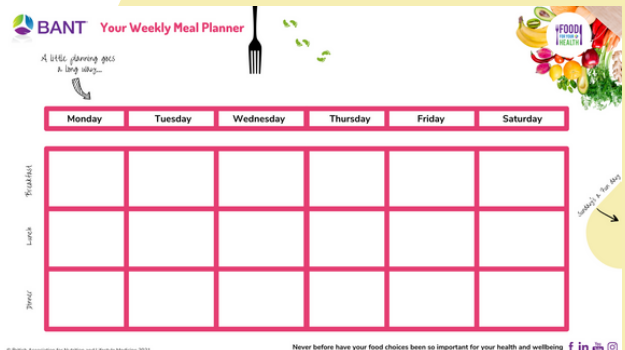


what are our recommended healthy pantry staples?



So much depends on your personal tastes and cooking style. However, it can helpful to consider the following:

1. Herbs & Spices for adding flavour
2. Oils & Vinegars for condiments
3. Wholegrain bread, pasta, rice and cereals
4. Tinned items for ready-to-eat ingredients
5. Composite ingredients for sauces & gravies



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Download our meal planner