

KEEP IT *moving!*

Stocking up your pantry

It's particularly important that people living with diabetes and/or heart disease have a plan for their nutrition, especially during times of uncertainty. Healthy cooking is much easier when you have the right staples in your pantry.

Make a plan



Do a stocktake. Check out what foods you already have in your pantry and look at their use-by dates.

Make a grocery list of longer lasting and shelf stable foods from the major food groups: grains and cereals, vegetables, fruit, dairy, and meat or protein alternatives.

Make healthier foods more visible and noticeable in your pantry. Hide treat foods out of reach at the back of the cupboard.

Frozen, fresh or canned – which is best?

Frozen fruit and vegetables are equally, and occasionally even more, nutritious than fresh options.

Fresh vegetables that last longer are potatoes, onions, carrots, pumpkin and cabbage. Fresh fruits that last longer are apples and citrus fruits.

Canned options can be less nutritious but can still be a good option for convenience, are budget-friendly and keep for a long time.

If possible, shop for canned products that are reduced-salt and/or -sugar.



Dietitian's shopping trolley favourites

Protein sources:

- ① *canned fish*
- ① *dried or canned legumes*
- ① *nuts, seeds and nut butters*
- ① *UHT and powdered milks*

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Enjoy oily fish (e.g. salmon, mackerel or tuna) 2-3 times a week to help boost heart health and brain power.

Grains:

- ① *Rice* ① *Pasta*
- ① *Quinoa* ① *Rolled oats*
- ① *Wholegrain bread or wraps*
(freeze to extend their shelf life)

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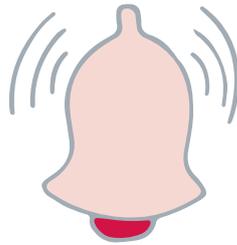
Grains and cereals can get a bad rap, however dietitians understand their importance in everyday diets. Not only do grains and cereals contain a wide range of vitamins and minerals but grains and cereals are also high in dietary fibre, which helps to stabilise blood glucose levels and keep you feeling fuller for longer.

Pantry staples to **avoid** for diabetes and heart disease

Be careful of supermarket 'specials'. Junk foods like chips, chocolate blocks, lollies and soft drinks are discounted **twice as much** as healthy foods in Australian supermarkets.

High-sugar breakfast cereals should be avoided wherever possible for people living with diabetes and/or heart disease.

The dietitians at the Baker Institute have put together a Supermarket Shopping Guide with healthier product swaps: <https://baker.edu.au/health-hub/fact-sheets/shopping-guide>.



Recipe using pantry staples

Healthy fried rice

INGREDIENTS

- 2 tbs olive oil
- 2 tbs garlic (fresh or from jar)
- 1 large onion
- 2 tbs grated ginger (fresh or from jar)
- 450g packet frozen stir-fry vegetables (or use whatever chopped mixed vegetables you have in your fridge)
- 4 cups cooked basmati rice (using a microwavable packet is a quick, nutritious option)
- 2 tbs reduced-salt soy sauce
- 4 eggs



METHOD

Step 1

Fry olive oil with garlic, onion and ginger for 2 minutes.

Step 2

Add frozen or chopped vegetables and stir-fry for further 5-7 minutes.

Step 3

While the vegetables are cooking, cook the rice.

Step 4

Add cooked rice and soy sauce to vegetable mix. Toss to coat.

Step 5

Serve fried rice with fried egg on top. Enjoy!

Tip Cook extra serves, divide into separate containers and freeze or refrigerate leftovers to eat later.