

Useful things to keep in your store cupboard, fridge or freezer

Finding the time to cook and shop, especially when you have a busy training or competition schedule can be difficult. It is therefore useful to have food items on hand to make quick nutritious meals and snacks.

Store cupboard

- Breakfast cereals e.g. microwaveable porridge, low fat breakfast bars
- Pasta, dehydrated Pasta 'n' Sauce[®], low fat pasta sauces, ravioli, tinned spaghetti, cous cous
- Rice, savoury rice, microwaveable 'express' rice,
- Instant noodles and other noodles, instant mashed potato, pizza bases
- Canned tomatoes, beans (all varieties), sweetcorn, low fat soups
- Canned fish and lower fat meat
- Oatcakes, crispbread, tortilla wraps, fig rolls, garibaldi biscuits, jaffa cakes, low fat cereal bars, rice based snacks, malt loaf
- Tinned fruit, dried fruit, fruit jelly, canned / ready to eat low fat milk puddings, instant low fat custard
- Long-life fruit juice, squash, isotonic drinks or powders
- UHT milk, skimmed milk powder
- Nuts, peanut butter, Marmite[®], Vegemite[®], honey, jam, marmalade

Fridge

- Eggs, cooked lean meat, low fat pâté, reduced fat houmous, salsa
- Milk, milkshakes, fruit juice, smoothies, drinking yoghurts e.g. Yop[®], Actimel[®]
- Lower fat cheese, low fat cream cheese, cottage cheese
- Low fat or diet yoghurts and fromage frais

Freezer

- Bread, pitta bread, rolls, bagels, naan bread, crumpets, pancakes, tortilla wraps
- Cooked rice and pasta, fresh pasta, pizzas and pizza bases, waffles, prepared jacket potatoes, thick cut oven chips
- Frozen vegetables e.g. frozen peppers, sweetcorn, peas
- Lean meat e.g. lean mince, lean pork loin steaks / escalopes, lean lamb steaks / escalopes, skinless chicken and turkey
- Fish e.g. salmon fillets, fish fingers, fish cakes
- Quorn[®] products
- Ready made sauces
- Teacakes, low fat mini muffins, scones, fruit buns
- Leftovers e.g. chilli, curry, stew

Remember, supermarkets often have a cheap 'value' range that are often just as nutritious as more expensive brands

This information is taken from 'Fuel for Performance, Nutrition for Sport', a sports nutrition resource updated and revised by the following Welsh sports dietitians:

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