



# Suggestions for a more NUTRITIOUS SHOPPING trip:

Choose foods in season where possible and include a variety of colours (include traffic light colours on your plate) and experiment with new foods for a range of nutrients. Use raw vegetables where possible as they are rich in enzymes that can aid digestion

- Grains:** Brown basmati rice, buckwheat, millet, quinoa, barley
- Pastas:** Buckwheat, millet, rice and corn.
- Nuts:** Almonds, Brazils, Cashews, Hazelnuts, Pecans, Pinenuts and Walnuts
- Seeds:** Hemp, Linseeds, Pumpkin, Sesame and Sunflower
- Breads & Crackers:** Rye, Spelt, Rice bread, Stamp Collection breads (wheat free), Ryvita, Oatcakes, Rice cakes, Corn cakes,
- Seasonings:** Fresh and dried herbs, Sea salt, Pepper, Tamari, olives, Pesto (check labels, many contain cheese), Braggs liquid aminos (soya sauce alternative), cider vinegar, lemon, lime, chilli, ginger, spices, onions and garlic. Cinnamon and nutmeg for porridge and fruit dishes.

**Oils:** Extra virgin olive oil, flaxseed\*, hemp seed\* and pumpkin seed oil\*, sesame, walnut and unrefined sunflower oil. (\*don't use to cook with, add to food after cooking).

**Cupboard Basics:** Lentils, chickpeas, butterbeans, tinned tomatoes, sweetcorn, artichokes, sundried tomatoes and tuna. Soya, nut, rice (Rice Dream) and oat (Oatly) milk. Wholegrain cereal, no-added sugar muesli and porridge oats.

**Flours & Baking Products:** Ground chestnut flour, wholemeal wheatflour, soya, rye, tapioca, rice, potato, quinoa, gram, buckwheat, ground cornmeal and spelt. Baking powder (xanthan gum if you're avoiding gluten).

**Freezer Basics:** Vegetables; peas, spinach, sweetcorn, cauliflower, broad beans, brussel sprouts and green beans. Mixed berries, raspberries, blueberries and cranberries. Chicken, turkey and fish.

**Fridge Basics:** Fresh vegetables, live yoghurt (soya if you're avoiding dairy), nut butters, smoothies, free range eggs, fresh fish and organic unsalted butter.