

# The OMS Diet Store Cupboard

A suggested list of useful ingredients to have in your cupboard or freezer. Adapt the list to what you/your family like to eat and choose ingredients you use regularly.

<p><b>Fresh vegetables</b> (store somewhere cool, dry and dark) Potatoes Onions Garlic</p> <p><b>Dairy alternatives</b> Dairy free milk</p> <p><b>Nuts, Seeds &amp; Dried Fruits</b> Raw nuts: especially, walnuts, almonds, pistachios and pecans Sesame seeds Dried fruit Dates</p> <p><b>Tins</b> Tomatoes Sweetcorn Lentils Beans Chickpeas Jackfruit Salmon Tuna Sardines Mackerel Anchovies Fruit (in juice not syrup)</p> <p><b>Pasta, Rice, Noodles and Grains</b> Dried pasta (wholegrain) Brown rice Quinoa Buckwheat Bulgar wheat Noodles (buckwheat, soba, wholewheat) Oats</p>	<p><b>Home baking ingredients</b> Flour Sugar Baking soda Baking powder</p> <p><b>Sweeteners and Spreads</b> Honey Maple syrup Nut butters</p> <p><b>Dried Herbs, spices, oils &amp; vinegar</b> Dried herbs e.g. oregano, basil, rosemary Spices e.g. paprika, curry powder, turmeric, chili powder, chili flakes, cumin Salt &amp; pepper Extra virgin olive oil Flaxseed oil Balsamic vinegar Wine vinegar Apple cider vinegar Lemon juice</p> <p><b>Condiments and sauces</b> Tahini Miso Nutritional yeast Yeast extract (e.g. Marmite, Vegemite) Tomato paste Chili sauce Soy sauce or tamari Mustard (Dijon, English, wholegrain) Oil-free vegetable stock or fish stock Capers</p> <p><b>Frozen</b> Vegetables Fruits Fish Whole grain bread, pittas and wraps</p>
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