

Recovery Bites

Store Cupboard Items

ALCOHOL AND DRUG RECOVERY SERVICE

Store cupboard items can provide a balanced source of nutrition when you are unable to access or store fresh food. They are also:

- **Easily accessible**
- **Long shelf life (preventing food wastage)**
- **Obtained cheaply (opt for store own brands)**
- **Prepared quickly with little cooking**

If you rely on store cupboard items regularly, use the information below to help you achieve a varied and balanced diet.

Carbohydrates

Provide energy and important micronutrients and can be a source of fibre. Try to include carbohydrates with each meal and opt for high fibre varieties where possible.



Examples: breakfast cereals, oats, tinned spaghetti, macaroni, ravioli, breads, pittas, wraps, dried pasta, rice packets, noodles, couscous, tinned potatoes, oatcakes, crackers.

Protein

Protein foods help keep your muscles strong and healthy, along with supporting a healthy immune system to help fight infections and support healing. They also provide a good source of iron and other micronutrients. Try to include protein rich foods at least twice a day.



Examples: all tinned fish and meat products (ham, beef, chicken curry, chilli etc), tinned beans and pulses, lentils, nuts.

Fruit and Vegetables

Provide a high source of fibre along with micronutrients and antioxidants that help keep you healthy and reduce your risk of heart disease, and some types of cancers. Try to have fruit and vegetables regularly, aiming for at least 5 portions daily.

Examples: fruit juice, tinned vegetable soups and all fresh, tinned or dried fruit and vegetables.



1 portion is 80g of fruit and vegetables or 150ml fresh fruit juice or 1 tablespoon of dried fruit

Dairy

Provide an important source of calcium to help keep your teeth and bones strong. They are also a good source of micronutrients and protein.

Try and include 3 portions in your diet daily.

1 portion is a glass of milk (200mls), match box size of hard cheese, or standard size yoghurt pot around 125-150g.



Examples: long life milk, skimmed milk powder and long life dairy alternative milks (choose versions that are fortified with calcium).

Snacks

Snacks provide additional energy and can be beneficial to have between meals if you are trying to gain weight. They are lower in micronutrients so aim for balanced meals and snacks throughout the day with a variety of foods high in protein, carbohydrates, dairy, fruit and vegetables.



Examples: instant soups, crisps, pop corn, biscuits, cereal bars, pretzels, bombay mix, rice pudding, custard, Angel Delight, jelly, chocolate, breadsticks.

Drinks

It is recommended that we aim to drink 6-8 glasses of fluid daily to stay hydrated. All fluids count such as tea, coffee and juices. If you are struggling with your appetite nutritional drinks are a good way to increase energy and protein intake throughout the day, such as milk, milkshakes, hot chocolate, lattes, or a glass of fresh fruit juice. If you have been told to try and increase your dietary thiamine intake, 1 cup of Bovril is a good source.



Examples: diluting juices, fresh fruit juices, water, tea, coffee, lattes, hot chocolate sachets, milkshake flavourings, milk, Bovril, instant malt drinks eg Ovaltine, Horlicks.

Condiments

Condiments can help complete a meal / snack or add additional flavour as well as contributing to the nutritional content of a meal.

When choosing oils, choose unsaturated fats such as sunflower oil, rapeseed oil, olive oil, etc. These type of fats help lower harmful cholesterol and increase good cholesterol in our blood however they are still high in energy and therefore use oils sparingly if you are trying to maintain or reduce your weight.

Nut butters can add small amounts of additional protein into your diet and yeast extract spreads are a good source of dietary thiamine.



Examples: jams, honey, marmalade, herbs, spices, nut butters, sauces, mustard, stock cubes, oils.



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