



Grocery guide



Scan for recipes
and more

It's important to eat healthy and stick to a diet that works for you. This resource provides options for nutritious snacks and meals.

Protein

✔ What to reach for

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Anchovies | <input type="checkbox"/> Salmon |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Scallops |
| <input type="checkbox"/> Cod | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Lean beef | <input type="checkbox"/> Venison |
| <input type="checkbox"/> Mackerel | <input type="checkbox"/> Whitefish |
| <input type="checkbox"/> Oyster | |

⚠ Potentially triggering during flare-ups*:

- *Breaded meats*

*Note that these foods may not be triggering for all people.

Vegetables

✔ What to reach for

- | | |
|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Zucchini |

⚠ Potentially triggering during flare-ups*:

- | | |
|---|----------------------|
| • <i>Artichoke</i> | • <i>Cauliflower</i> |
| • <i>Broccoli (>1/2 cup)</i> | • <i>Garlic</i> |
| • <i>Brussels sprouts (>2 sprouts)</i> | • <i>Leeks</i> |
| • <i>Cabbage</i> | • <i>Onion</i> |

*Note that these foods may not be triggering for all people.

Nourishing fats

✔ What to reach for

- Almond butter
- Cashew butter
- Unrefined cold-pressed coconut oil
- Unrefined cold-pressed extra virgin olive oil

⚠ Potentially triggering during flare-ups*:

- Almonds (>10 nuts)
- Pistachios
- Cashews
- Soybeans

*Note that these foods may not be triggering for all people.

Starchy carbohydrates

✔ What to reach for

- Acorn squash
- Pumpkin
- Delicata squash
- Quinoa
- Potato (red, purple, Yukon Gold, russet, fingerling)
- Spaghetti squash
- Summer squash

⚠ Potentially triggering during flare-ups*:

- Beans (white, black, kidney, pinto)
- Lentils
- Chickpeas
- Sprouted grain bread

*Note that these foods may not be triggering for all people.

Pantry items

✔ What to reach for

- Canned salmon
- Quinoa pasta
- Chicken broth
- Sea salt
- Cinnamon
- Stevia
- Coriander
- Tomato paste
- Cumin
- Turmeric
- Ground ginger
- Vegetable broth
- Potato

⚠ Potentially triggering during flare-ups*:

- Kimchi
- Sauerkraut

*Note that these foods may not be triggering for all people.

Low-lactose cheeses & dairy alternatives

✔ What to reach for

- Unsweetened almond milk
- Unsweetened cashew milk
- Unsweetened coconut milk
- Unsweetened flax milk
- Unsweetened nut-based yogurt

⚠ Potentially triggering during flare-ups*:

- *Cottage cheese*
- *Ricotta cheese*

*Note that these foods may not be triggering for all people.

Fruits

✔ What to reach for

- | | |
|---------------------------------|------------------------------------|
| <input type="checkbox"/> Banana | <input type="checkbox"/> Melon |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Tangerine |

⚠ Potentially triggering during flare-ups*:

- | | |
|-----------------------|----------------------|
| • <i>Apple</i> | • <i>Dried fruit</i> |
| • <i>Blackberries</i> | • <i>Pears</i> |
| • <i>Dates</i> | |

*Note that these foods may not be triggering for all people.