

## flare-friendly shopping list

### Crohn's disease and ulcerative colitis

Navigating the grocery aisles may seem overwhelming, especially during a flare, but we're here to help! Below you'll find some flare-friendly foods, no matter what section you're shopping in.

Produce
— Fruit —
Avocado
Cantaloupe
Honeydew Melon
Mango
Papaya
Ripe Bananas
Watermelon
— Vegetables —
Asparagus
Carrots
Green Beans
Summer Squash
Sweet Potatoes
White Potatoes
Zucchini

Dairy
Hard Cheese (cheddar, Parmesan)
Lactose-Free Milk
Low-Fat Greek Yogurt
Low-Fat Milk
Plant-Based Cheese (nut varieties, soy)
Plant-Based Milk Alternatives (soy, nut, rice)
Plant-Based Yogurt (almond, coconut, soy)

Lean Protein
Eggs
Fish: mackerel, herring, salmon, shellfish, tuna
Peanut Butter Powder
Pork Tenderloin
Smooth Nut Butters (almond, cashew, peanut)
Smooth Seed Butters (sunflower, tahini)
White Meat Poultry: chicken, turkey

Frozen Foods (without added sauces, additives, or breading)
Frozen Boneless, Skinless Chicken Breasts
Frozen Fish (fillets, shellfish)
Frozen Fruit (no-added sugar)
Frozen Vegetables (no added salt)

Oils, Spreads and Sauces
Fruit Butters (apple, pear, pumpkin)
Plant-Based Buttery Spreads
Plant-Based Oils (canola, grape seed, olive oil, walnut)

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Grains & Starches
Cream of Wheat®
Flour Tortillas
Gluten-Free Bread (not whole grain)
Low-Fiber Cereal, <1g/serving (Corn Flakes®, Rice Krispies®, Special K®)
Pancakes (not whole grain)
Polenta
Waffles (not whole grain)
White Bagels
White Bread (French, potato, soudough, etc.)
White English Muffin
White Pasta
White Pita Bread
White Pasta
Quick Oats

Canned Goods
Canned Chicken (packed in water)
Canned Peaches or Pears (packed in 100% juice or water)
Canned Vegetables (no added salt)
Canned Salmon (packed in water or olive oil)
Canned Tuna (packed in water or olive oil)
Low-Sodium Broth (beef, bone, chicken, vegetable)
Low-Sodium Vegetable-Based Soups (butternut squash, tomato, etc.)