

foods to stock your pantry

Crohn's disease and ulcerative colitis

Give your eating habits a fresh start by stocking the pantry with symptom-friendly foods. Foods on this list can be eaten now, but also have a long shelf life so you can be prepared if a flare-up suddenly hits.

Grains
Cream of Wheat®
Gluten-Free Bread
Gluten-Free Pasta
Plain Crackers
Plain, Low-Sugar Cereals (Kix®, Rice Krispies®, Rice Chex®, Cheerios®, Special K®)
Quick, Rolled Oats
White Pasta
White Rice

Fruits
Applesauce, without skins
Canned Fruit (packed in 100% juice or water)
Fruit Cups (packed in 100% juice or water)

Liquids/Beverages
Caffeine-Free Tea
Decaf Coffee
100% Fruit Juice (no pulp)
Low-Sugar Sports Beverages
Shelf-Stable Milk Alternatives
Water

Herbs & Spices (powder form)	
Basil	Onion
Cinnamon	Oregano
Garlic	Rosemary
Italian Seasoning	Turmeric

Vegetables
Canned, Reduced Sodium Vegetables (carrots, green beans, potatoes)
Potatoes
Pasta Sauce
Vegetable Stock
Vegetable Juice (without pulp)

Protein
Beef Stock (low-sodium)
Chicken (cans or pouches)
Chicken Stock (low-sodium)
Peanut Butter Powder
Salmon (cans or pouches)
Tuna (cans or pouches)
Smooth Nut Butters (almond, cashew, peanut)
Smooth Seed Butters (sunflower, tahini)