

## shopping tips

### Crohn's disease and ulcerative colitis

Before heading to the store, try a few simple tips to create a smooth shopping trip:

- Use the flae-friendly foods shopping list, and recipes on our site, to plan meals and snacks for the week and create a shopping game plan.
- Look for on-sale foods to keep more money in your wallet.
- Bring the “reading a food label: flae” handout to the store with you, to make reading food labels easier.
- Bring reusable grocery totes for an eco-friendly shopping trip.
- Bring a cooler or cooler bag to keep frozen and refrigerated items cold on the drive home.

Fruits & Vegetables	
Eat This	Not That
<ul style="list-style-type: none"> <li>• A wide range of colors to get different nutrients in your diet</li> <li>• If you're wanting to consume a fruit or vegetable that same day, look for ripe products</li> <li>• Note: Soft fruits such as, bananas or avocados, soften after picking and will continue to ripen once home</li> <li>• Fresh and in-season produce for the highest nutritional quality (if possible)</li> <li>• Pre-chopped, diced, or sliced food for convenience during busy weeks</li> <li>• Canned fruit packed in 100% juice or water</li> <li>• Low-sodium, canned vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit or vegetables with bruises or holes</li> <li>• Frozen fruits or vegetables with added sauces or seasoning mixes</li> </ul>

Breads, Cereals, Grains, Pasta	
Eat This	Not That
<ul style="list-style-type: none"> <li>• Enriched flour on the ingredient list of breads, rolls, pasta, or crackers</li> <li>• Packaged products with 2 grams or less of fiber per serving</li> <li>• Cereals containing minimal amounts of added sugar; this looks like a percent daily value (%DV) close to 5%.</li> <li>• Quick cooking oats, as this specific type of fiber is more tolerable</li> <li>• Enriched pasta with vegetables added</li> <li>• Saturated fat content 5%DV or less</li> <li>• Gluten free products, if gluten intolerant</li> </ul>	<ul style="list-style-type: none"> <li>• Breads with added nuts or seeds</li> <li>• Cereals containing nuts, seeds, or added fruit as the fruit is often coated in sugar</li> <li>• Products containing hydrogenated oils</li> <li>• Wheat, rye, barley, and flour, if gluten intolerant</li> </ul>

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#### Protein (Meat, Poultry, Eggs, Fish, and Plant Based Options)

Eat This	Not That
<ul style="list-style-type: none"> <li>Lean sources of protein, such as chicken breasts</li> <li>Leanest cuts of red meat: <ul style="list-style-type: none"> <li>“Round” or “Loin” listed in the name for cuts of pork, beef, or lamb</li> </ul> </li> <li>90-95% lean ground turkey breast or beef (discard the fat drippings after cooking)</li> <li>Omega-3 enriched eggs (if possible), as the added omega fats may be beneficial</li> <li>Check the sell-by-date on egg cartons; typically they're good for 4-6 weeks</li> <li>Canned tuna fish packed in water or 100% olive oil</li> <li>Fresh fish or shellfish that is refrigerated or packed in ice</li> <li>Aim to purchase wild caught salmon over farm raised if possible</li> <li>Frozen varieties of fish are a great choice, since they're convenient and tend to be less expensive</li> <li>Extra firm tofu for a higher protein content compared to regular tofu</li> </ul>	<ul style="list-style-type: none"> <li>Frequent intake of red or processed meat</li> <li>Chicken breasts containing added flavorings or seasonings</li> <li>Eggs with cracks, as this increases the risk for contamination</li> <li>Fresh fish with a pungent ‘fishy’ smell</li> <li>Limit intake of fish sticks, as they often contain high amounts of saturated fat and sodium, and are low in heart healthy fats.</li> </ul>

#### Oils, Nuts, and Seeds

Eat This	Not That
<ul style="list-style-type: none"> <li>Smooth peanut butter containing only “peanuts” on the ingredients list (if possible)</li> <li>Peanut butter powder which has the oils removed and may be more stomach friendly</li> <li>Nut free spreads for nut allergies, like soy nut butter or sunflower seed butter</li> <li>100% canola oil</li> <li>Extra virgin olive oil</li> <li>100% canola oil non-stick cooking spray</li> <li>100% olive oil non-stick cooking spray</li> </ul>	<ul style="list-style-type: none"> <li>“Hydrogenated oils” or added sugars listed on the ingredient label</li> </ul>

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Dairy	
Eat This	Not That
<ul style="list-style-type: none"> <li>• Low-fat (1%) and nonfat, unflavored milk</li> <li>• Lactose-free, lactose-reduced, or milk alternative options if lactose intolerant</li> <li>• Unsweetened or unsweetened vanilla nut milk alternatives (almond, cashew, soy, rice)</li> <li>• Note: Soy is the only beverage that has a similar amount of protein to cow's milk</li> <li>• Low-fat or reduced-fat cheeses (aged cheddar, swiss, parmesan)</li> <li>• Low-fat, reduced-sodium cottage cheese</li> <li>• Reduced-fat (Neufchatel) cream cheese, or 1/3rd less fat cream cheese</li> <li>• Non-dairy cheeses (often known as vegan cheese), without lactose</li> <li>• Smooth, Greek style yogurt for added protein</li> <li>• "Live cultures" or "added cultures" on the ingredient labels of yogurt</li> <li>• Kefir, a drinkable smoothie-like product, high in probiotics (bacteria)</li> <li>• Plant-based kefir with low sugar content</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with added fruit or mix-ins</li> <li>• Milk alternative yogurts with added fruit or mix-ins</li> </ul>

Condiments and Salad Dressings	
Eat This	Not That
<ul style="list-style-type: none"> <li>• Reduced-sodium, low-sodium, or no-sodium products</li> <li>• Products with a low sugar content</li> </ul>	<ul style="list-style-type: none"> <li>• 20%DV or more of sodium or saturated fat on the nutrition facts label</li> <li>• Trans fats listed on the nutrition facts label</li> </ul>

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Beverages	
Eat This	Not That
<ul style="list-style-type: none"> <li>• 100% fruit juice</li> <li>• Low-sugar sports drinks</li> <li>• Electrolyte replacement beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Prune juice</li> <li>• Juice with pulp</li> <li>• Added sugars</li> <li>• Sugar alcohols (sorbitol, mannitol, xylitol)</li> </ul>

Frozen Meals	
Eat This	Not That
<ul style="list-style-type: none"> <li>• Serving sizes: often a meal may look like it's meant for 1 person, but the label reads 2 servings</li> <li>• Low saturated fat content; 5%DV or less</li> <li>• Low sodium content; 5%DV or less</li> <li>• Low-fiber options</li> <li>• Gluten free products, if gluten intolerant</li> </ul>	<ul style="list-style-type: none"> <li>• Spices that may cause the stomach to become upset</li> <li>• Products with corn, peas, beans, and lentils (not including wax or green beans)</li> </ul>