

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"> • A wide range of colors to get different nutrients in your diet • If you're wanting to consume a fruit or vegetable that same day, look for ripe products • Note: Soft fruits such as, bananas or avocados, soften after picking and will continue to ripen once home • Fresh and in-season produce for the highest nutritional quality (if possible) • Pre-chopped, diced, or sliced food for convenience during busy weeks • Canned fruit packed in 100% juice or water • Low-sodium, canned vegetables 	<ul style="list-style-type: none"> • Fruit or vegetables with bruises or holes • Frozen fruits or vegetables with added sauces or seasoning mixes

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

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

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

Oils, Nuts, and Seeds

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

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

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

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

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