

foods to stock your pantry

Rheumatoid Arthritis

It can be exhausting and painful to go grocery shopping during a RA flare. When you're feeling well, stock the pantry with healthy, shelf-stable foods, like the ones below, so you'll be prepared if a flare suddenly hits.

Grains	
Bean-Based Pastas	Whole Grain Bread, Crackers
Brown Rice	Whole Grain Pastas
Old Fashioned Oatmeal	Quinoa
Popcorn	Polenta
Whole Grain Breakfast Cereals (Cheerios®, Kashi® cereals, Quaker Oats®, Cascadian Farms® cereals)	
Gluten-Free Products (if gluten intolerant)	

Protein
Canned or Dried Beans and Legumes
Raw or Roasted Nuts and Seeds
Chicken (cans or pouches)
Salmon (cans or pouches)
Nut and Seed Butters
Tuna Fish (cans or pouches)

Oils	
Avocado Oil	Flax Seed Oil*
Canola Oil	Grape Seed Oil
Extra Virgin Olive Oil	Walnut Oil

Dry Herbs & Spices	
Basil	Italian Seasoning
Bay Leaves	Onion
Chili Pepper*	Oregano
Cinnamon*	Parsley
Cumin*	Rosemary
Garlic*	Thyme
Ginger*	Turmeric*

*Anti-Inflammatory Ingredient

Fruits
Applesauce
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers
Fruit Cups (packed in 100% juice or water)

Vegetables
Canned, Reduced-Sodium Vegetables
Dehydrated Vegetable Snacks
Onions
Potatoes

foods to stock your pantry

Rheumatoid Arthritis

Canned Goods
Coconut Milk, low-fat
Diced Tomatoes
Roasted Red Peppers
Sauerkraut
Tomato Paste
Tomato Sauce

Beverages
100% Fruit Juice
Coffee
Tea
Water
Low-Sodium Vegetable Juice
Low-Sugar Sports Drinks
Shelf-Stable Milk or Milk Alternatives
Stock (Chicken, Vegetable, Beef)