

foods to stock your pantry

Multiple Sclerosis

Keep a power-packed pantry to help maintain your nutritional well-being. Items found on this list can be easily prepared and eaten, which is especially helpful for when energy levels are low.

Grains	
Bean-Based Pastas	Cream of Wheat®
Instant Brown Rice	Low-Sugar Cereal
Old Fashioned Oats	Polenta
Whole Grain Crackers	Whole Grain Pasta
Quick-Barley	Quinoa

Beverages
100% Fruit Juice (cranberry, prune)
Coffee (decaf or regular)
Shelf-Stable Milk Alternatives (almond, coconut, soy)
Tea (decaf or regular)
Water (plain or sparkling)

Protein	
Canned Beans and Legumes	Chicken Stock
Beef Stock	Nut or Seed Butters
Salmon (cans or pouches)	Tuna Fish (cans or pouches)
Raw or Roasted Nuts (almonds, cashews, pistachios, walnuts)	

Vegetables	
Canned Beans and Legumes	Onions
Pasta/Marinara Sauce	Potatoes
Vegetable Juice	Vegetable Stock
Canned, Reduced Sodium Vegetables	

Herbs & Spices (Dried or Powdered)		
Basil	Cinnamon	Cumin
Chili Powder	Garlic	Ginger
Oregano	Italian Seasoning	Pepper
Rosemary	Turmeric	

Oils		
Olive Oil	Canola Oil	Coconut Oil

Fruits
Canned Fruit (packed in water)
Dried Fruit

Other
Low-Sodium Gravy (to moisten food, if necessary)
Low-Sugar Pudding
Flour, cornstarch or commercial thickeners (to thicken liquids, if necessary)