

# shopping list

## Multiple Sclerosis

Navigating the grocery aisles may seem overwhelming, especially when you're feeling fatigued, but we're here to help! Below you'll find some healthy, MS-friendly foods, no matter what section you're shopping in.

\* Contains gluten | ∞ Contains lactose

| Produce      |                |              |
|--------------|----------------|--------------|
| — Fruits —   |                |              |
| Apples       | Figs           | Peaches      |
| Apricots     | Grapes         | Pears        |
| Blackberries | Honeydew Melon | Pineapple    |
| Blackberries | Jackfruit      | Plums        |
| Blueberries  | Kiwi           | Pomegranates |
| Cantaloupe   | Mango          | Raspberries  |
| Cherries     | Nectarines     | Strawberries |
| Dates        | Oranges        | Watermelon   |

| Lean Protein                        |
|-------------------------------------|
| Beans                               |
| Eggs                                |
| Fish: Salmon, Tuna, Mackerel        |
| Shellfish : Shrimp, Scallops        |
| White Meat Poultry: Turkey, Chicken |

| Canned Foods                      |
|-----------------------------------|
| Canned Beans                      |
| Canned Fruit (packed in water)    |
| Canned Salmon                     |
| Canned Tuna                       |
| Canned Vegetables (no added salt) |

| Produce          |                  |
|------------------|------------------|
| — Vegetables —   |                  |
| Artichoke        | Kale             |
| Asparagus        | Lettuce          |
| Avocado          | Mushrooms        |
| Beans            | Okra             |
| Beets            | Onion            |
| Bell Peppers     | Parsnips         |
| Bok Choy         | Pattypan Squash  |
| Broccoli         | Peas             |
| Broccoli Rabe    | Peppers          |
| Brussels Sprouts | Potatoes         |
| Butternut Squash | Pumpkin          |
| Carrots          | Radish           |
| Cauliflower      | Scallions        |
| Cucumber         | Spinach          |
| Corn             | Summer Squash    |
| Eggplant         | Sugar Snap Peas  |
| Garlic           | Spaghetti Squash |
| Green Beans      | Tomato           |
| Hominy           | Zucchini         |
| Jicama           |                  |

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| Dairy                                       |
|---|
| Low-Fat Milk (1% or skim) ∞                 |
| Low-Fat Cheese (1% or skim) ∞               |
| Low-Fat Yogurt (1% or skim) ∞               |
| Kefir                                       |
| Plant-Based Milk (nut varieties, soy, rice) |
| Plant-Based Yogurt (almond, coconut, soy)   |
| Plant-Based Cheese (almond, soy)            |
| Plant-Based Kefi                            |

| Frozen Foods   |
|--|
| Frozen Vegetables (no added sauce, seasoning, or salt) |
| Frozen Fruit (no added sugar)                          |
| Frozen, Ready-To-Eat Grains                            |

| Beverages                     |
|-------------------------------|
| 100% Juice                    |
| Coffee (decaf or regular)     |
| Kombucha (fermented beverage) |
| Tea (decaf or regular)        |
| Water (sparkling or regular)  |

| Nuts, Oils and Seeds   |                  |
|------------------------|------------------|
| Almonds                | Nut Butters      |
| Avocado Oil            | Peanuts          |
| Brazil Nuts            | Pistachios       |
| Canola Oil             | Pine Nuts        |
| Cashews                | Pumpkin Seeds    |
| Chia Seeds             | Sesame Seeds     |
| Extra Virgin Olive Oil | Sunflower Seeds  |
| Flax Seeds             | Sunflower Butter |
| Hemp Seeds             | Walnuts          |

| Grains & Starches                   |
|-------------------------------------|
| Barley*                             |
| Bean-Based Pasta (example Banza®)   |
| Brown Rice                          |
| Gluten-Free Bread                   |
| Old Fashioned Oatmeal               |
| Quinoa                              |
| Sprouted Breads (example Ezekiel®)* |
| Wheat Berries*                      |
| Whole Grain Bread*                  |
| Whole Grain Pasta*                  |