

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 Kefir

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*