

## foods to stock your pantry

### Psoriatic Disease

It can be uncomfortable, or even painful, to go grocery shopping during a psoriatic disease flare. Instead, when you're feeling well, stock your pantry with healthy foods. Check out the list below so you'll be ready if a flare suddenly hits.

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

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

Herbs & Spices (Dried or Powdered)		
Basil	Bay Leaves	Chili Pepper
Cinnamon	Cumin	Garlic Powder
Ginger	Italian Seasoning	Onion
Oregano	Parsley	Rosemary
Sage	Thyme	Turmeric

Fruits
Applesauce
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers, without added sugar
Fruit Cups (packed in 100% juice or water)

Vegetables	
Onions	Potatoes
Canned, Reduced-Sodium Vegetables	

Oils	
Avocado Oil	Extra Virgin Olive Oil
Canola Oil	Grape Seed Oil

Liquids/Beverages
100% Fruit Juice (cherry, cranberry, pomegranate, orange, apple)
Coffee (decaf or regular)
Low-Sodium Vegetable Juice
Low-Sugar Sports Drinks
Shelf-Stable Milk or Milk Alternatives
Stock (Chicken, Vegetable, Beef)
Tea (decaf or regular)
Water (plain or sparkling)