

shopping list

Psoriatic Disease

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, PD-friendly foods, no matter what section you're shopping in.

Contains Gluten

Contains Lactose

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

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

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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 (nut varieties, soy)

Plant-Based Kefir

Canned Foods

Canned Beans and Legumes

Canned Fruit (packed in water)

Canned Salmon (packed in water or olive oil)

Canned Tuna (packed in water or olive oil)

Canned Vegetables (no added salt)

Frozen Foods

Frozen Fruit (no added sugar)

Frozen Vegetables (no added sauce, seasoning or salt)

Frozen, Ready to Eat Grains

Lean Protein

Beans

Eggs

Fish: salmon, tuna, mackerel

Shellfish: shrimp, scallops

White Meat Poultry: turkey, chicken

Grains & Starches

Barley

Bean-Based Pasta (example Banza®)

Brown Rice

Corn Meal

Gluten-Free Breads

Old Fashioned Oatmeal

Quinoa

Sprouted Breads (example Ezekiel®)

Wheat Berries

Whole Grain Bread

Whole Grain Pasta

100% Whole Wheat Breads (buns, muffins, bagels)

100% Whole Wheat Flour

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Nuts, Oils and Seeds

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

Beverages

100% Juice
Coffee (decaf or regular)
Kombucha (fermented beverage)
Tea (decaf or regular)
Water (plain or sparkling)