

foods to stock your pantry

Lupus

When lupus is active, grocery shopping may seem tiring, painful or challenging. Instead, on a day you're feeling your best, aim to stock your pantry with healthy foods. A well-stocked pantry makes preparing nourishing foods easier, which is especially important when symptoms are present. Check out the list below.

Grains
Brown Rice
Gluten-Free Products, if gluten intolerant
Old Fashioned Oatmeal
Polenta
Popcorn
Quinoa
Whole Grain Bread
Whole Grain Breakfast Cereals
Whole Grain Crackers
Whole Grain Pastas

Nuts, Seeds & Oils	
Almonds, Almond Butter	Chia Seeds
Flax Seeds	Peanut Butter
Pecans	Pistachios
Sesame Seeds	Walnuts
Avocado Oil	Extra Virgin Olive Oil
*Flax Seed Oil	*Walnut Oil

Protein
Bean-Based Pastas
Canned or Dried Beans and Legumes
Chicken (low-sodium cans or pouches)
Nut and Seed Butters
Raw or Roasted Nuts and Seeds (low-sodium)
Salmon (low-sodium cans or pouches)
Tuna (low sodium cans or pouches)

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
Canned, Reduced-Sodium Vegetables
Onions
Potatoes

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Liquids/Beverages
100% Juice
Coffee (decaf or regular)
Kombucha (fermented beverage)
Low-Sodium Vegetable Juice, no added salt
Low-Sugar Sports Drinks
Low-Sodium Broth or Stock (beef, bone, chicken, vegetable)
Shelf-Stable Milk or Milk Alternatives
Tea (decaf or regular)
Water (plain or sparkling)

Canned Goods
Coconut Milk, low-fat
Diced Tomatoes (no salt added)
Roasted Red Peppers
Sauerkraut †
Tomato Paste or Tomato Sauce (without garlic)

†A probiotic that may help provide additional overall health benefits.

Dry Herbs & Spices	
Basil	Bay Leaves
Chili Pepper	Cinnamon*
Cumin*	Ginger*
Italian Seasoning	Onion
Oregano	Parsley
Rosemary	Thyme
Turmeric*	

*Anti-Inflammatory Ingredient