

shopping list

Lupus

Navigating the grocery aisles may be overwhelming, especially if you're not feeling your best. We're here to help. Our dietitians have developed an organized grocery list to help you easily find foods to nourish your body.

* Contains gluten | ∞ Contains lactose

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

Lean Protein
Beans and Legumes
Eggs
Fish (mackerel, salmon, tuna)
Shellfish (shrimp, scallops)
Tofu
Tempeh
White Meat Poultry (turkey, chicken)

Produce	
— Vegetables —	
Artichoke	Kale
Asparagus	Lettuce
Avocados	Mushrooms
Beans	Okra
Beets	Onions
Bell Peppers	Parsnips
Bok Choy	Pattypan Squash
Broccoli	Peas
Broccoli Rabe	Peppers
Brussels Sprouts	Potatoes
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallions
Corn	Spaghetti Squash
Cucumber	Spinach
Eggplant	Sugar Snap Peas
Green Beans	Summer Squash
Hominy	Tomatoes
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 (almond, soy)
Plant-Based Kefir

Canned Goods
Canned Beans and Legumes (low-sodium)
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)
Diced Tomatoes (without garlic)
Tomato Sauce (without garlic)
Tomato Paste (without garlic)
Sauerkraut

Frozen Foods
Frozen Fruit (no added sugar)
Frozen Vegetables (no added sauce, garlic, other seasoning, or salt)
Frozen, Ready to Eat Grains

Grains & Starches	
Barley*	Quinoa
Bean-Based Pasta	Sprouted Breads*
Brown Rice	Wheat Berries*
Corn Meal	Whole Grain Bread*
Gluten-Free Breads	Whole Grain Pasta*
Old Fashioned Oatmeal	

Nuts, Oils & Seeds	
Almonds	Peanuts
Almond Butter	Peanut Butter
Avocado Oil	Pine Nuts
Brazil Nuts	Pistachios
Cashews	Pumpkin Seeds
Chia Seeds	Sesame Seeds
Extra Virgin Olive Oil	Sunflower Butter
Flax Seeds	Sunflower Seeds
Flax Seed Oil	Walnuts
Hemp Seeds	Walnut Oil

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