

flare-friendly shopping list

Crohn's disease and ulcerative colitis

Navigating the grocery aisles may seem overwhelming, especially during a flare, but we're here to help!

Below you'll find some flare-friendly foods, no matter what section you're shopping in.

Produce
Avocado
Cantaloupe
Honeydew melon
Mango
Papaya
Ripe bananas
Watermelon
Asparagus
Carrots
Green beans
Summer squash
Sweet potatoes
White potatoes
Zucchini

Canned Goods
Canned fruit packed in 100% juice or water (peaches, pears, etc.)
Low-sodium canned vegetables
Canned tuna or salmon packed in water
Low-sodium chicken or beef broth
Low-sodium vegetable broth
Low-sodium vegetable-based soups

Dairy
Low-fat (1%) or skim milk (if well tolerated)
Lactose-free milk
Low-fat or non-fat yogurt (if well tolerated)
Hard cheese (cheddar, parmesan)
Plant-based milk alternative fortified with calcium and vitamin D (soy, nut, rice)
Yogurt alternatives (soy, nut, rice)

Lean Protein Foods
Omega-3 rich fish (salmon, mackerel, herring)
Shellfish
White meat poultry
Lean beef
Pork tenderloin
Eggs
Smooth nut/seed butters (peanut, cashew, almond, sunflower seed)
Peanut butter powder
Tofu

Frozen foods (without added sauces, additives, or breading)
Reduced-sodium frozen vegetables
Frozen fruit without added sugar
Frozen boneless, skinless chicken breasts
Frozen fish fillets or shellfish

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Grains & Starches
White rice
White pasta
White bread (sourdough, French, potato, etc.)
Flour tortillas
Waffles or pancakes (not whole grain)
Quick oats
Polenta
Cream of Wheat®
Low-fiber (<1 g/serving) breakfast cereals: Rice Krispies®, Special K®, Corn Flakes®
White English muffins
White pita bread

Oils, Spreads, Sauces
Plant-based oils: canola, olive, grapeseed
Plant-based buttery spreads
Seedless jams and jellies
Fruit butters: apple, pumpkin, pear