

# flare-friendly shopping list

## Rheumatoid Arthritis

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.

High FODMAP	Contains Gluten	Nightshade
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\*May contain FODMAPS and gluten depending on the type of grain

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

Produce	
— Vegetables —	
Artichoke	Green peas
Arugula	Jicama
Asparagus	Lettuce greens
Beets	Mushrooms
Bell peppers	Onion
Broccoli	Peppers
Broccoli rabe	Potato
Brussels sprouts	Pumpkin
Butternut squash	Radish
Carrots	Spinach
Cauliflower	Summer squash
Cucumber	Sweet corn
Eggplant	Sweet potato
Garlic	Swiss chard
Green beans	Tomato
Green onion	Zucchini

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Dairy
Kefir
Low-fat yogurt or Greek yogurt
Low-fat or fat-free milk
Cottage cheese
Low-fat cheese
Dairy-free milk alternatives (soy, rice, coconut, almond, etc.)
Dairy-free yogurt alternatives (soy, rice, coconut, almond, etc.)

Canned Foods
Canned beans
Canned fruit packed in water
Canned salmon
Canned tuna
Canned vegetables without added salt

Frozen Foods
100% juice bars
Frozen fish fillets
Frozen fruit without added sugar
Frozen vegetables without added salt or sauces

Lean Protein
Beans and lentils
Eggs
Firm tofu
Lean beef
Lean pork
Nut butters
Omega-3 rich fish (herring, mackerel, trout, tuna, salmon)
Seafood (shrimp, scallops, mussels, etc.)
White meat poultry (turkey, chicken)

Grains & Starches
Brown rice
Old-fashioned oatmeal
Polenta
Sprouted grains* - may contain gluten
Whole grain bread* - may contain gluten
Whole grain cereal* - may contain gluten
Whole grains (bulgur, barley, quinoa, farro, spelt, etc.)* - may contain gluten
Whole wheat pasta* - contains gluten

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Nuts, Oils, and Seeds
Almonds
Avocado oil
Canola oil
Cashews
Chia seeds
Extra-virgin olive oil
Flax seeds
Grape seed oil
Nut butters
Olives
Peanuts
Pine nuts
Pumpkin seeds
Sunflower seeds
Walnuts

Beverages
Coffee
Green tea
Orange juice
Sparkling water
Water