

eat this, not that

Rheumatoid Arthritis

* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That
Fruits	<ul style="list-style-type: none"> • Canned fruit packed in water • Dried fruit, no sugar added • Fresh fruit • Frozen fruit, no sugar added 	<ul style="list-style-type: none"> • Canned or frozen fruit packed in syrup • Dried fruit with sugar added • High FODMAP fruits, if applicable- apples, watermelon, pears, cherries, prunes
Vegetables	<ul style="list-style-type: none"> • Beans and peas • Dark green vegetables • Red and orange vegetables • Starchy vegetables (corn, sweet potatoes, peas) • Other (celery, cucumber, green beans, squash, and zucchini) 	<ul style="list-style-type: none"> • Deep fried vegetables • High FODMAP vegetables, if applicable- artichokes, garlic, onion, cauliflower, mushrooms, snow peas • Nightshades, if applicable- tomatoes, peppers, eggplant, and white potatoes
Grains/Starches	<ul style="list-style-type: none"> • Amaranth • Barley* • Bean-based pastas • Brown rice • Buckwheat • Oatmeal • Quinoa • Sorghum • Wheat berries* • Whole grain bread* • Whole grain, high-fiber cereals* • Whole grain pasta* • Wild rice 	<ul style="list-style-type: none"> • White rice • Refined white flour products- bread, bagels, rolls, crackers, cereals, pasta* • Gluten containing foods, if gluten intolerant • High FODMAP grains, if applicable- rye, wheat, barley
Protein	<ul style="list-style-type: none"> • Beans • Eggs • Fish • Poultry • Tempeh • Tofu 	<ul style="list-style-type: none"> • Processed and smoked meats (deli meats, jerky, hotdogs, sausages, and bratwurst) • Fried meats • Tough, high-fat meats
Dairy	<ul style="list-style-type: none"> • Low-fat dairy (milk, yogurt, cheese, kefir) ∞ • Plant-based milks (almond, cashew, coconut, soy) • Plant-based milk alternative yogurts (almond, soy, coconut) 	<ul style="list-style-type: none"> • Full-fat dairy (cream, half and half, sour cream, ice cream) ∞ • Lactose containing foods, if lactose intolerant • High FODMAP dairy items if applicable- cottage cheese, cow's milk, sheep's milk, and goat's milk, yogurt, ice cream, and custard
Nuts/Seeds/Oils	<ul style="list-style-type: none"> • Plain, whole nuts • Plain seeds • Extra virgin olive oil • Canola oil • Unrefined coconut oil 	<ul style="list-style-type: none"> • Salted or sugar-coated nuts and seeds • Peanut oil • Sunflower oil • Soybean oil • High FODMAP nuts and seeds, if applicable- pistachios, cashews
Beverages	<ul style="list-style-type: none"> • Coffee • Kombucha (fermented tea) • Kvass (fermented beverage)* • Tea • Water • Plain or naturally flavored sparkling water 	<ul style="list-style-type: none"> • High FODMAP beverages, if applicable- oolong tea, chamomile and fennel herb tea • Sugar sweetened beverages • Alcohol