

## foods to stock your pantry

### Crohn's disease and ulcerative colitis

Give your eating habits a fresh start by stocking the pantry with symptom-friendly foods. Foods on this list can be eaten now, but also have a long shelf life so you can be prepared if a flare-up suddenly hits.

| Grains   |
|--|
| White Rice   |
| White Pasta  |
| Cream of Wheat®  |
| Plain Crackers   |
| Quick, Rolled Oats   |
| Plain, Low-Sugar Cereals (Kix®, Rice Krispies®, Rice Chex®, Cheerios®, Special K®) |
| Gluten Free Products if Gluten Intolerant  |

| Protein                     |
|-----------------------------|
| Tuna Fish (cans or pouches) |
| Salmon (cans or pouches)    |
| Chicken or Beef Stock       |
| Smooth Nut Butters          |
| Peanut Butter Powder        |

| Beverages                      |
|--------------------------------|
| Low-Sugar Sports Beverages     |
| Water                          |
| Decaf Coffee                   |
| Caffeine-Free Tea              |
| Shelf-Stable Milk Alternatives |

| Herbs & Spices (powder form) |
|------------------------------|
| Cinnamon                     |
| Turmeric                     |
| Basil                        |
| Oregano                      |
| Rosemary                     |
| Italian Seasoning            |
| Garlic                       |
| Onion                        |

| Fruits                                       |
|--|
| Fruit Juice (without pulp)                   |
| Canned Fruit (packed in 100% juice or water) |
| Fruit Cups (packed in 100% juice or water)   |

| Vegetables  |
|---|
| Canned, Reduced Sodium Vegetables (green beans & carrots) |
| Potatoes  |
| Pasta Sauce   |
| Vegetable Stock   |
| Vegetable Juice (without pulp)                            |