

foods to stock your pantry

Rheumatoid Arthritis

It can be exhausting and painful to go grocery shopping during an RA flare. When you're feeling well, stock the pantry with healthy, shelf-stable foods, like the ones below, so you'll be prepared if a flare suddenly hits.

Grains	
Bean-Based Pastas	Whole Grain Bread, Crackers
Brown Rice	Whole Grain Pastas
Old Fashioned Oatmeal	Quinoa
Popcorn	Polenta
Whole Grain Breakfast Cereals (Cheerios®, Kashi® cereals, Quaker Oats®, Cascadian Farms® cereals)	
Gluten-Free Products, if Gluten Intolerant	

Protein	
Canned Beans	Nuts
Chicken (cans or pouches)	Salmon (cans or pouches)
Jerky	Seeds
Nut and Seed Butters	Tuna Fish (cans or pouches)

Vegetables	
Canned, Reduced-Sodium Vegetables	
Dehydrated Vegetable Snacks	
Onions	Potatoes

Canned Goods	
Diced Tomatoes	Coconut Milk, low-fat
Roasted Red Peppers	Sauerkraut
Tomato Paste	Tomato Sauce

Dry Herbs & Spices (Anti-Inflammatory*)		
Basil	Garlic*	Parsley
Bay Leaves	Ginger*	Rosemary
Chili Pepper*	Italian Seasoning	Thyme
Cinnamon*	Onion	Turmeric*
Cumin*	Oregano	

Fruits
Applesauce
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers
Fruit Cups (packed in 100% juice or water)

Beverages	
100% Fruit Juice	Coffee
Water	Tea
Low-Sodium Vegetable Juice	Low-Sugar Sports Drinks
Shelf-Stable Milk or Milk Alternatives	
Stock (Chicken, Vegetable, Beef)	

Oils		
Avocado Oil	Extra Virgin Olive Oil	Canola Oil
Grape Seed Oil	Flax Seed Oil*	Walnut Oil

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Grains

Choose whole-grain products. Look for the word “whole-grain” as the first ingredient.

Protein

Look for lean protein sources, or protein with omega-3 fats. Beans and legumes are some of the most cost-friendly protein sources and the only protein-sources loaded with vitamins, minerals, and fiber.

Beverages

Hydration is key for everyone, look for low-sugar options.

Dry Herbs and Spices

If you know you’ll be using dried herbs or spices for recipes, create pre-measured seasoning packets so you can just pour and go. Label zip-top baggies with the recipe name and store with other recipe ingredients.

Fruit

Shelf-stable fruit options make it easy to incorporate fiber and nutrients into any meal, or snack.

Vegetables

Shelf-stable vegetable options make it easy to incorporate fiber and nutrients into any meal.

Nuts and Seeds

Rich in a variety of nutrients, nuts, seeds, and nut butters also provide healthy fats and generous amounts of protein per serving.

Oil

To maintain quality, store oils in a cool, dry, and dark place. *Keep flax seed oil in the refrigerator to best preserve the omega-3 fatty acid content.
