

shopping list

Multiple Sclerosis

Navigating the grocery aisles may seem overwhelming, especially when you're feeling fatigued, but we're here to help! Below you'll find some healthy, MS-friendly foods, no matter what section you're shopping in.

Contains Gluten

Contains Lactose

| Produce | |
|----------------|--------------|
| — Fruits — | |
| Apples | Mango |
| Bananas | Nectarines |
| Blackberries | Oranges |
| Blueberries | Peaches |
| Cantaloupe | Pears |
| Cherries | Pineapple |
| Dates | Plums |
| Figs | Pomegranates |
| Grapes | Raspberries |
| Honeydew melon | Strawberries |
| Jackfruit | Watermelon |
| Kiwi | |

| Produce | |
|------------------|------------------|
| — Vegetables — | |
| Artichoke | Jicama |
| Asparagus | Lettuce |
| Avocado | Mushrooms |
| Beans | Okra |
| Beets | Onion |
| Bell peppers | Parsnips |
| Bok choy | Pattypan squash |
| Broccoli | Peas |
| Broccoli rabe | Peppers |
| Brussels sprouts | Potatoes |
| Butternut squash | Pumpkin |
| Carrots | Radish |
| Cauliflower | Scallions |
| Cucumber | Spinach |
| Corn | Summer squash |
| Eggplant | Sugar snap peas |
| Garlic | Spaghetti squash |
| Green beans | Tomato |
| Hominy | Zucchini |

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Dairy

Low-fat milk (1% or skim)

Low-fat cheese (1% or skim)

Low-fat yogurt (1% or skim)

Kefir

Plant-based milk (nut varieties, soy, rice)

Plant-based yogurt (almond, coconut, soy)

Plant-based cheese (almond, soy)

Plant-based kefir

Canned Foods

Canned beans

Canned fruit (packed in water)

Canned salmon

Canned tuna

Canned vegetables (no added salt)

Frozen Foods

Frozen vegetables (no added sauce, seasoning, or salt)

Frozen fruit (no added sugar)

Frozen, ready-to-eat grains

Lean Protein

Beans

Eggs

Fish: salmon, tuna, mackerel

Shellfish: shrimp, scallops

White meat poultry: turkey, chicken

Grains & Starches

Old fashioned oatmeal

Whole grain bread

Whole grain pasta

Bean-based pasta (example Banza®)

Sprouted breads (example Ezekiel®) - may contain gluten

Brown rice

Quinoa

Barley

Wheat berries

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Nuts, Oils, and Seeds

| |
|------------------------|
| Almonds |
| Avocado oil |
| Brazil nuts |
| Canola oil |
| Cashews |
| Chia seeds |
| Extra virgin olive oil |
| Flax seeds |
| Hemp seeds |
| Nut butters |
| Peanuts |
| Pistachios |
| Pine nuts |
| Pumpkin seeds |
| Sesame seeds |
| Sunflower seeds |
| Sunflower butter |
| Walnuts |

Beverages

| |
|-------------------------------|
| Water |
| Coffee |
| Tea |
| 100% Juice |
| Kombucha (fermented beverage) |