

## shopping list

### Psoriatic Disease

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, PD-friendly foods, no matter what section you're shopping in.

Contains Gluten

Contains Lactose

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	
Artichoke	Lettuce
Asparagus	Mushrooms
Avocado	Okra
Beans	Onion
Beets	Parsnips
Bell peppers	Pattypan squash
Bok choy	Peas
Broccoli	Peppers
Broccoli rabe	Potatoes
Brussels sprouts	Pumpkin
Butternut squash	Radish
Carrots	Scallions
Cauliflower	Spinach
Cucumber	Summer squash
Corn	Sugar snap peas
Eggplant	Spaghetti squash
Garlic	Tomato
Green beans	Zucchini
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Contains Gluten	Contains Lactose
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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 fruit (no added sugar)
Frozen vegetables (no added sauce, seasoning, or salt)
Frozen, ready-to-eat grains

Lean Protein
Beans
Eggs
Fish: salmon, tuna, mackerel
Shellfish: shrimp, scallops
White meat poultry: turkey, chicken

Grains & Starches
Barley
Bean-based pasta (example Banza®)
Brown rice
Old-fashioned Oatmeal
Quinoa
Sprouted breads (example Ezekiel®)
Wheat berries
Whole grain bread
Whole grain pasta

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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
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower butter
Sunflower seeds
Walnuts

### Beverages

100% Juice
Coffee
Kombucha (fermented beverage)
Tea
Water