

foods to stock your pantry

Lupus

When lupus is active, grocery shopping may seem tiring, painful or challenging. Instead, on a day you're feeling your best, aim to stock your pantry with healthy foods. A well-stocked pantry makes preparing nourishing foods easier, which is especially important when symptoms are present. Check out the list below.

Grains
Choose whole-grain products. Look for the word "whole-grain" as the first ingredient.
Brown Rice
Quinoa
Polenta
Popcorn
Gluten-Free Products, if Gluten Intolerant
Old Fashioned Oatmeal
Whole Grain Bread
Whole Grain Crackers
Whole Grain Pastas
Whole Grain Breakfast Cereals

Fruits
Shelf-stable fruit options make it easy to incorporate fiber and nutrients into any meal, or snack.
Applesauce
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers, without added sugar
Fruit Cups (packed in 100% juice or water)

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.
Bean-Based Pastas
Canned Beans and Legumes
Salmon, low-sodium cans or pouches
Seeds, low-sodium
Chicken, low-sodium cans or pouches
Tuna, low-sodium cans or pouches

Vegetables
Shelf-stable vegetable options make it easy to incorporate fiber and nutrients into any meal.
Canned, Reduced-Sodium Vegetables
Onions
Potatoes (any variety)

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Nuts & Seeds

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

Almonds, Almond Butter	Chia Seeds
Flax Seeds	Peanut Butter
Pecans	Pistachios
Sesame Seeds	Walnuts

Oils

To maintain quality, store oils in a cool, dry and dark place.

Avocado Oil	Extra Virgin Olive Oil
*Flax Seed Oil	*Walnut Oil

Canned Goods

Here are some additional food items that help save time when cooking, add loads of flavor to dishes, and help nourish your body back to health.

Diced Tomatoes, unsalted
Coconut Milk, low-fat
Roasted Red Peppers
Sauerkraut †
Tomato Paste or Tomato Sauce (without garlic)

†A probiotic that may help provide additional overall health benefits.

Liquids/Beverages

Hydration is key for everyone, but especially in lupus when flares can cause extra-dry skin.

100% Fruit Juice
Coffee
Low-Sodium Vegetable Juice, without garlic
Low-Sugar Sports Drinks
Shelf-Stable Milk or Milk Alternatives
Low-Sodium Broth or Stock (Chicken, Vegetable, Beef, Bone)
Tea
Water

Dry Herbs & Spices Anti-Inflammatory

The easiest way to incorporate flavors into any dish is with herbs and spices. Each offers unique health benefits, and those in blue offer high quantities of antioxidants.

Basil	Bay Leaves
Chili Pepper	Cinnamon
Cumin	Ginger
Italian Seasoning	Onion
Oregano	Parsley
Rosemary	Thyme
Turmeric	