

shopping list

Lupus

Navigating the grocery aisles may be overwhelming, especially if you're not feeling your best. We're here to help. Our dietitians have developed an organized grocery list to help you easily find foods to nourish your body.

Contains Gluten

Contains Lactose

Produce	
Apples	Mangos
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
Avocados	Okra
Beans	Onions
Beets	Parsnips
Bell peppers	Pattypan squash
Bok choy	Peas
Broccoli	Peppers
Broccoli rabe	Potatoes
Brussels sprouts	Pumpkin
Butternut squash	Radish
Carrots	Scallions
Cauliflower	Spaghetti squash
Corn	Spinach
Cucumber	Sugar snap peas
Eggplant	Summer squash
Green beans	Tomatoes
Hominy	Zucchini
Jicama	

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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

Frozen fruit (no added sugar)
Frozen vegetables (no added sauce, garlic, other seasoning, or salt)
Frozen, ready-to-eat grains

Beans and legumes
Eggs
Fish: salmon, tuna
Shellfish: shrimp, scallops
Tofu
Tempeh
White meat poultry (turkey, chicken)

Grains & Starches
Barley
Bean-based pasta
Brown rice
Old-fashioned oatmeal
Quinoa
Sprouted breads
Wheat berries
Whole grain bread
Whole grain pasta

Canned Goods
Canned beans and legumes (low-sodium)
Canned fruit (packed in water)
Canned salmon (packed in water or olive oil)
Canned tuna (packed in water or olive oil)
Canned vegetables (no added salt)
Tomato sauce (without garlic)
Diced tomatoes (without garlic)
Tomato paste (without garlic)
Sauerkraut

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Almonds	Peanuts
Almond Butter	Peanut Butter
Avocado oil	Pine nuts
Brazil nuts	Pistachios
Cashews	Pumpkin seeds
Chia seeds	Sesame seeds
Extra virgin olive oil	Sunflower butter
Flax seeds	Sunflower seeds
Flax seed oil	Walnuts
Hemp seeds	Walnut Oil

Beverages
Water
Coffee
Tea
100% Juice
Kombucha (fermented beverage)