



FOODS TO FIND AT YOUR LOCAL PANTRY

WHOLE GRAINS (CHOOSE GLUTEN-FREE BREADS AND PASTA)

- oatmeal w/ gluten-free label
- rice
- popcorn
- rice or corn cereal

FRUITS AND VEGETABLES (CHOOSE WHOLE FRUITS AND VEGETABLES)

- potatoes
- sweet potatoes carrots
- green beans mandarin oranges
- raisins
- tomato sauce

PROTEIN AND HEALTHY FATS

- fresh chicken & eggs
- peanut butter
- canned fish
- canned chicken
- nuts & seeds

WHAT ARE INFLAMMATORY BOWEL DISEASES?

Having Inflammatory Bowel Disease (IBD), Crohn's Disease, Ulcerative Colitis, or other Gastrointestinal issues means that eating some foods may cause swelling and pain in your gut.

MANAGING IBD AND GI ISSUES AT THE FOOD PANTRY

Avoid foods with certain types of carbohydrates called FOD-MAPs. Foods to avoid include milk, yogurt, cheese, beans, apples, peaches, pears, fruit juices, beets, broccoli, artichokes, and products with gluten (wheat, rye, or barley). Look for a "gluten-free" label and if foods are processed in a place with wheat (some oatmeal), or use wheat as a thickener (soy sauce). When choosing, go for foods that are naturally free of gluten like grains (corn, rice, and oats), potatoes, oranges, spinach, tomatoes, peanut butter, meats, seafood, and eggs.

PANTRY FOOD PAIRS

- canned tuna or chicken and potatoes
- oatmeal and raisins
- corn or rice cereals with raisins
- canned green beans or carrots and brown rice
- oatmeal and peanut butter