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|  **IBD PANTRY ITEMS** | Planning comprises a large part of this diet. Having a well-stocked kitchen ready with supplies will greatly aid in expediting the cooking and baking process.[[1]](#footnote-1),[[2]](#footnote-2) |

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|  **EQUIPMENT** | **BAKING SUPPLIES/****CONDIMENTS** |  **HERBS/SPICES** |  **COMMON FOODS** |
| * Blender
* Cookie sheets
* Food processor
* Glass/plastic containers
* Ice cream maker (optional)
* Immersion blender (recommended)
* Instant pot (optional)
* Vegetable steamer
* Mixing bowls
* Mixer, electric
* Muffin liner cups
* Parchment paper
* Pans, pots, skillet
* Pans (muffin, cake, bread)
* Pressure cooker (optional)
* Toothpicks
 | * Baking powder
* Bragg’s Amino Acids
* Chia seeds (as tolerated)
* Cocoa powder (unsweetened)
* Flaxseed meal
* Flours (almond, bean, chickpea, lentil, nut, oat, macadamia, walnut)
* Honey, raw
* Mustard, Dijon
* Nut/seed butters (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan,

pine nut, pistachio, seed, walnut)* Oils (almond, avocado, canola, flax, olive)
* Tamari soy sauce (no wheat)
* Tomato sauce (no added sugar, corn syrup, or other additives)
* Vinegar (red wine, apple cider)
 | * Allspice
* Basil
* Bay leaf
* Black pepper, ground
* Cayenne (as tolerated)
* Cardamom powder
* Chili powder (as tolerated)
* Cinnamon
* Clove powder
* Coriander
* Cumin
* Curry powder
* Dill
* Ginger
* Marjoram
* Mint
* Miso
* Mustard, ground
* Nutmeg
* Oregano
* Parsley
* Rosemary
* Salt
* Thyme
* Turmeric
* Vanilla extract (pure, all natural)
 | * Beans/legumes2
* Berries2
* Cheeses, aged2
* Chicken/vegetable stock1
* Eggs (omega-3)
* Fish, fresh (all types, no bones)
* Fish, canned (all types, spring water)
* Fruits2
* Kefir (plain)1
* Meats, lean2
* Non-dairy milks (unsweetened, no additives)1
* Nuts/seeds2
* Oats (steel cut, whole [groats])
* Tofu, edamame
* Vegetables2
* Yogurt, regular/Greek (plain with active probiotics)
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1. See our Best Brands document for help selecting IBD-safe commercial brands. [↑](#footnote-ref-1)
2. See our IBD-AID Phases Table document for guidance on which and what types of items are appropriate for your Phase. [↑](#footnote-ref-2)