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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) |

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)