

AIP Herbs and Spices

Safe spices (leaves - flowers - roots - barks)	Spices to avoid (seeds - nightshades* - berries & fruits)
basil leaf bay leaf chamomile chervil chives cilantro (coriander leaf) cinnamon cloves curry leaf (not the powder blend) dill weed fennel leaf fenugreek leaf garlic ginger horseradish kaffir lime leaf lavender lemon balm lemongrass mace marjoram leaf onion powder oregano leaf parsley peppermint rosemary saffron sage salt savory leaf spearmint tarragon thyme truffle salt turmeric vanilla extract (alcohol free) vanilla powder wasabi	allspice anise seed annatto seed capsicums* caraway cardamom cayenne* celery seed chili pepper flakes* chili powder* coriander seed cumin seed curry* dill seed fennel seed juniper mustard seed nutmeg paprika* pepper (from black, green, pink, or white peppercorn) poppy seed red pepper* sesame seed star anise sumac vanilla bean



Sources: The Paleo Approach by Sarah Ballantyne and "Spices on the AIP" by Eileen Laird from Phoenix Helix.
 Created by Sophie Van Tiggelen from A Squirrel in the Kitchen.