



# AIP YES/NO FOOD LISTS

# foods to include

ON THE PALEO AUTOIMMUNE PROTOCOL

## VEGETABLES

- artichoke
- arugula
- asparagus
- beet
- bok choy
- broccoli
- brussels sprouts
- butternut squash
- carrot
- cauliflower
- celeriac
- celery
- chard
- collard greens
- cucumber
- dandelion
- endive
- fennel
- jicama
- kale
- kolrabi
- leek
- lettuce
- mushrooms
- mustard greens
- napa cabbage
- onion
- parsnip
- pumpkin
- radish
- radicchio
- rhubarb
- rutabaga
- shallot
- spinach
- summer squash
- sweet potato

- taro
- turnip
- watercress
- winter squash
- yam
- yuca
- zucchini

## HERBS & SPICES

- basil leaf
- bay leaf
- chamomile
- chives
- cilantro
- cinnamon
- cloves
- dill weed
- fennel leaf
- garlic
- ginger
- lavender
- lemongrass
- mace
- marjoram
- mint
- oregano leaf
- parsley
- rosemary
- saffron
- sage
- savory
- sea salt
- tarragon
- thyme
- turmeric
- vanilla bean (not the seeds) and vanilla powder

## FRUITS

- apple
- apricot
- avocado
- banana
- blackberry
- blueberry
- cantaloupe
- cherry
- clementine
- coconut
- cranberry
- date
- fig
- grape
- grapefruit
- guava
- huckleberry
- honeydew
- kiwi
- lemon
- lime
- mango
- nectarine
- orange
- papaya
- peach
- pear
- persimmon
- plum
- pineapple
- pomegranate
- raspberry
- strawberry
- tangerine
- watermelon

## PROTEINS

### [ meats ]

- beef
- bison
- chicken
- duck
- elk
- lamb
- mutton
- pork
- rabbit
- turkey
- venison
- yak

### [ fish ]

- anchovies
- catfish
- cod
- halibut
- herring
- mackerel
- mahi mahi
- salmon
- sardines
- snapper
- tilapia
- trout
- tuna

### [ shellfish ]

- clams
- crab
- crawfish
- lobster
- mussels
- octopus
- oysters
- prawns

- scallops
- shrimp
- squid

#### [ organ meats ]

- bone broth
- gizzard
- heart
- kidney
- liver
- tongue

#### FERMENTS

- fermented vegetables
- kombucha
- sauerkraut
- water kefir

#### FATS

- animal fat
- avocado oil
- coconut oil
- duck fat
- lard
- olive oil
- palm oil
- tallow

#### SWEETENERS

- coconut sugars
- coconut syrup
- dates
- dried fruits
- honey
- maple syrup
- molasses

#### FATS

- apple cider vinegar
- arrowroot starch
- baking powder (homemade)
- balsamic vinegar
- capers
- carob powder
- cassava flour
- fish sauce
- palm shortening

#### FOODS TO CONSUME IN MODERATION

- green and black tea
- fructose (10-20 grams per day)
- salt (use mineral rich salts)
- AIP treats and baked goods
- coconut products
- natural sweeteners
- moderate to high glycemic load
- fruits and vegetables

# foods to avoid

ON THE PALEO AUTOIMMUNE PROTOCOL

## BEANS & LEGUMES

- adzuki beans
- black beans
- black-eyed beans
- calico beans
- cannellini beans
- chickpeas
- fava beans
- Great Northern beans
- green beans
- kidney beans
- lentils
- lima beans
- navy beans
- peanuts
- peas
- pinto beans
- split beans
- red beans
- soy beans
- sugar snap beans
- white beans

## DAIRY

- butter
- buttermilk
- butter oil
- cheese
- cottage cheese
- cream
- cream cheese
- frozen yogurt
- goat cheese
- goat milk
- ice cream
- ghee

- kefir
- milk
- sour cream
- whey
- whey protein
- yogurt

## EGGS

- chicken eggs
- duck eggs
- goose eggs
- quail eggs

## GRAINS

- amaranth
- barley
- buckwheat
- bulgur
- corn
- farro
- kamut
- millet
- oats
- quinoa
- rice
- rye
- sorghum
- spelt
- teff
- wheat

## HERBS & SPICES

- allspice
- anise seeds
- caraway
- cardamon
- cayenne pepper \*

- celery seeds
  - chili pepper flakes \*
  - chili powder \*
  - coriander seeds
  - cumin
  - curry
  - dill seeds
  - fennel seeds
  - fenugreek
  - juniper
  - mustard seeds
  - nutmeg
  - paprika \*
  - pepper (all kinds)
  - poppy seed
  - red pepper \*
  - sesame seeds
  - star anise
  - sumac
  - vanilla bean seeds
- \* Spices derived from nightshades

## NIGHTSHADES

- ashwagandha
  - bell peppers
  - eggplant
  - goji berries
  - ground cherries
  - hot peppers
  - potatoes
  - tobacco
  - tomatoes
  - tomatillos
- \* Also see spices derived from nightshades

## NUTS & SEEDS

- almonds
- Brazil nuts
- cashews
- chestnuts
- chia
- cocoa
- coffee
- flax
- hazelnuts
- hemp
- macadamia
- pecans
- pine nuts
- pistachios
- poppy
- pumpkin
- sesame
- sunflower

\* Including flours, butters, and oil derived from nuts & seeds

## OTHER

- alcohol
- emulsifiers
- food additives
- food chemicals
- processed sugars
- processed vegetable oils
- sugar substitutes (including stevia)
- thickeners
- NSAID medications (check with your doctor for pain management)

