

AIP Approved Foods

Vegetables

Alfalfa Sprouts
Artichokes
Asparagus
Bamboo shoots
Beets
Broccoli
Cabbages
Carrots
Celery
Cauliflower
Chard
Chicory
Cucumber
Dill
Endive
Escarole
Garlic
Horseradish
Leeks
Lettuces
Mushroom
Onions
Parsley
Parsnips
Pumpkin
Radish
Rutabagas
Sauerkraut
Squash
Turnips
Watercress
Yams, Sweet Potatoes
Yucca

Protein

Grass-fed beef
Bacon
Chicken
Duck
Turkey
Game Meats-Boar, Bison, etc
Lamb
Organ meats
Pork
Tuna
Wild Caught Fish

Miscellaneous

Agar
Carob
Honey
Molasses
Tea (Chinese and Herbal)
Coconut Milk
Tapioca
Arrow Root Powder
Tapioca Flour
Coconut Flour
Cassava Flour
Grass-fed Gelatin

Fruits

Apples/cider
Apricots
Avocados
Bananas
Most berries
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes
Grapefruit
Guavas
Kumquats
Lemons (ripe)
Limes
Loquats
Mangos
Nectarines
Olives (ripe)
Oranges
Papayas
Passion Fruit
Peaches
Pears
Persimmons
Pineapple (fresh)
Pomegranates
Melons (all)
Raisins
Sapotes
Tamarind
Tangerines

Oils and Spices

Olive oil
Coconut Oil
Avocado Oil
Ginger
Turmeric
Black pepper
Garlic
Basil
Bay Leaf
Chives
Cilantro
Cinnamon/Cassia
Kaffir Lime Leaf
Lavender
Lemon Balm
Lemongrass
Marjoram
Onion Powder
Oregano
Parsley
Peppermint
Rosemary
Saffron
Sage
Savory Leaf
Spearmint
Tarragon
Thyme

Foods to Avoid on AIP

Vegetables

Alfalfa Sprouts
Peppers
Eggplants
Tomatoes
Tomatillos
Potatoes
Chilis
Ashwagandha
Gooseberries
Capsicums
Curry powder
Garam Masala
Goji Berries
Okra
Paprika
Cayenne and Red Pepper

Miscellaneous

Caffeine (exercise moderation)
Soda's
Energy Drinks
NSAIDS (check with your Doctor!)
Alcohol (cooking wine ok)

Processed Foods & Oils

Monosodium glutamate
Trans fats
Canola oil (rapeseed oil)
Corn oil
Cottonseed oil
Palm Kernel Oil
Peanut Oil
Safflower Oil
Sunflower Oil
Brominated vegetable oils

Dairy

Eggs
Cheese
Butter
buttermilk
Cream
Curds
Heavy Cream
Ice Cream
Kefir
Milk
Sour Cream
Whipping Cream
Cottage Cheese
Whey protein isolate
Whey
Yogurt

Legumes, Nuts, Seeds

Beans
Lentils
Almonds
Peanuts
Brazil Nuts
Cashews
Chestnuts
Chia Seeds
Coffee
Cocoa
Chocolate
Flax
Hazelnut
Hemp Seeds
Macadamia
Pecan
Pine Nuts
Pistachio
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnut
Soy

Grains

Oats
Millet
Wheat
All gluten
Amaranth
Quinoa
Buckwheat
Rice

Preservatives

Benzoate, sodium benzoate
Carrageenan
Artificial coloring
Natural Flavoring
Nitrates
Yeast
Guar gum
Xanthan Gum
Cellulose Gum
Lecithin
Nitrites (naturally occurring ok)

Artif Sweetners

Xylitol
Stevia
Mannitol
Aspartame
Ace sulfate potassium
Erythritol
Saccharin
Sorbitol
Sucralose

REINTRODUCING FOODS

• ON AIP •

STAGE 1

Egg yolks

Legumes w/ edible pods (snap peas, etc.)

Ghee

Seed and Nut Oils

Seed-based spices

Fruit and Berry based spices

STAGE 2

Seeds

Nuts

Cocoa or Chocolate

Egg whites

Grass-fed butter

Alcohol in small quantities

STAGE 3

Cashews and Pistachios

Eggplant

Sweet Peppers

Paprika

Coffee

Grass-fed raw cream

Fermented grass-fed dairy (kefir, yogurt)

STAGE 4

Other dairy products

Chilli peppers

Tomatoes

Potatoes

Nightshade vegetables & spices

Other legumes

Gluten-free grains