

Autoimmune Protocol (AIP)

Approved Foods

- Meats, Poultry and Seafood
- Fats: olive oil, coconut oil, avocados, lard, bacon fat, cultured lactose-free ghee
- Vegetables (except nightshades)
- Fruits (specifically berries)
- Coconut products including coconut oil, manna, creamed coconut, coconut aminos, canned coconut milk (without additives like guar gum)
- Fermented Foods (coconut yogurt, kombucha, water and coconut kefir, fermented vegetables)
- Non-Seed Herbal Teas and Green Tea
- Vinegars: Apple Cider Vinegar, Coconut vinegar, red wine vinegar, balsamic (with no added sugar)
- Sweeteners: limited use of honey and maple syrup (1 tsp/day max)
- Herbs: all fresh and non-seed herbs (including basil tarragon, thyme, mint, oregano, rosemary, ginger, turmeric, cinnamon, savory, salt)
- Binders: Grass Fed Gelatin

Foods to Avoid

- All Grains (Corn, Wheat, Rice, Rye, Oats)
- All Beans/Legumes (kidney, pinto, black, Soy)
- Dairy Products
- Eggs
- Nightshade Vegetables (tomatoes, potatoes, peppers, eggplant)
- Seed-based spices/herbs (paprika, mustard seeds, all chili spices, cumin, coriander, fennel, caraway, nutmeg, dill)
- Nuts (including nut oils like peanut and sesame seed oils)
- Seeds (including flax, chia, pumpkin, sunflower)
- All artificial sweeteners (stevia, Splenda, Equal)
- All Processed Foods
- Alcohol
- Chocolate
- Gums (guar gum - additive in foods)
- Vegetable oils (canola, peanut, sunflower)