

AIP FOOD LIST

FOOD TO INCLUDE

VEGETABLES

| | |
|-------------|--------------|
| Artichoke | Fennel |
| Arugula | Jicama |
| Asparagus | Kale |
| Beets | Leek |
| Broccoli | Lettuce |
| Brussels | Mushroom |
| Bok Choy | Onion |
| Cabbage | Parsnip |
| Carrots | Rutabaga |
| Cauliflower | Spinach |
| Chard | Squash |
| Cucumber | Sweet potato |

FRUITS

| | |
|---------|-------------|
| Apple | Kiwi |
| Apricot | Mango |
| Avocado | Melons |
| Banana | Peach |
| Berries | Pear |
| Cherry | Persimmon |
| Citrus | Plum |
| Coconut | Pineapple |
| Date | Pomegranate |
| Fig | Watermelon |
| Grapes | |

HERBS & SPICES

| | |
|----------|------------|
| Basil | Mint |
| Bay leaf | Parsley |
| Chives | Peppermint |
| Cilantro | Rosemary |
| Cinnamon | Saffron |
| Dill | Sage |
| Ginger | Thyme |
| Garlic | Turmeric |

PROTEINS

| | |
|---------|-----------|
| Beef | Lamb |
| Bison | Shellfish |
| Chicken | Pork |
| Duck | Turkey |
| Fish | Venison |

FATS

| | |
|-------------|-------------|
| Avocado oil | Coconut oil |
| Beef tallow | Olive oil |
| Chicken fat | Palm oil |

PANTRY

| | |
|---------------------|----------------|
| Apple cider vinegar | Coconut sugar |
| Arrowroot starch | Dried fruit |
| Carob powder | Honey |
| Cassava flour | Tapioca starch |
| Coconut flour | Tigernut flour |



AIP FOOD LIST

FOOD TO AVOID

GLUTEN & GRAINS

| | |
|-----------|---------|
| Amaranth | Quinoa |
| Barley | Rice |
| Buckwheat | Rye |
| Bulger | Sorghum |
| Corn | Spelt |
| Millet | Wheat |
| Oats | |

DAIRY

| | |
|--------|--------|
| Butter | Ghee |
| Cheese | Milk |
| Cream | Yogurt |

LEGUMES

| | |
|--------------|------------|
| Black beans | Lentils |
| Chickpeas | Lima beans |
| Cocoa | Peanut |
| Fava beans | Soybeans |
| Kidney beans | |

NIGHTSHADES

| | |
|---------------|----------------|
| Eggplant | All red spices |
| Goji berries | Potato |
| Ground cherry | Tomato |
| All peppers | Tomatillo |

NUTS & SEEDS

| | |
|------------|-----------|
| Almond | Hemp |
| Brazil nut | Pecan |
| Canola | Pine nuts |
| Cashew | Pistachio |
| Chia | Pumpkin |
| Coffee | Safflower |
| Cocoa | Sesame |
| Flax | Sunflower |
| Hazelnut | Walnut |

SEED & BERRY SPICES

| | |
|-------------|-------------|
| Allspice | Fennel seed |
| Anise | Mustard |
| Caraway | Nutmeg |
| Celery seed | Pepper |
| Cumin | Poppy seed |

ALL ALCOHOL

ALL EGGS

ALL ADDITIVES & SUGAR

*natural sugars like honey, maple syrup, and coconut sugar are okay in moderation.

