

AIP VEGETABLE REFERENCE GUIDE

Autoimmune Protocol Approved Food List

CRUCIFEROUS & LEAFY GREENS (High Nutrient Density)

- Arugula
 - Bok Choy
 - Broccoli & Broccolini
 - Brussels Sprouts
 - Cabbage (Red, Green, Napa)
 - Collard Greens

 - Kale & Chard
 - Lettuce (All varieties)
 - Spinach
 - Watercress
 - Cauliflower
 - Kohlrabi
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ROOTS & TUBERS (Safe Starches)

- Beets
 - Carrots
 - Cassava (Yuca)
 - Parsnips
 - Radishes

 - Sweet Potatoes / Yams
 - Taro / Malanga
 - Tigers Nuts
 - Turmeric & Ginger
 - Turnips
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ALLIUMS & OTHER (Flavor & Fiber)

- Asparagus
- Artichokes
- Celery
- Cucumber
- Fennel

- Garlic
- Leeks

- Onions / Shallots
 - Scallions
 - Zucchini / Summer Squash
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NON-AIP VEGETABLES (AVOID)

- Potatoes (White, Red, Gold)
 - Tomatoes
 - Eggplant
 - All Peppers (Bell, Chili)

 - Cayenne / Paprika
 - Goji Berries
 - Tomatillos
 - All Legumes / Beans
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Note: This is a template reference only. Consult a healthcare provider for personalized medical advice.