

AIP FOOD CHART

Autoimmune Protocol Elimination Phase Reference

“FOODS TO INCLUDE

- **Vegetables:** Leafy greens, cruciferous, root veg, squashes (excluding nightshades).
- **Fruits:** All fruits (limit to 10-20g fructose/day).
- **Proteins:** Grass-fed meat, wild-caught fish, poultry, organ meats.
- **Healthy Fats:** Avocado, olive oil, coconut oil, lard, tallow.
- **Fermented Foods:** Kefir (coconut), kombucha, sauerkraut, kimchi.
- **Herbs & Spices:** All fresh/dried herbs not derived from seeds.
- **Pantry:** Apple cider vinegar, coconut aminos, herbal teas.

—FOODS TO AVOID

- **Grains:** Wheat, rice, corn, oats, quinoa, barley.
- **Legumes:** Beans, lentils, soy, peanuts, chickpeas.
- **Dairy:** Milk, cheese, butter, yogurt, ghee (initial phase).
- **Nightshades:** Tomatoes, peppers, potatoes, eggplant, paprika.
- **Eggs:** Whole eggs and egg whites.
- **Nuts & Seeds:** All nuts, seeds, and seed-based spices (cumin, coriander).
- **Processed:** Refined sugars, seed oils, emulsifiers, stevia.

This chart is for informational purposes only. Consult a healthcare professional before starting a restrictive diet.