

AIP FOOD LIST

FOODS TO INCLUDE

VEGETABLES

- Artichokes
- Arugula
- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Bok Choy
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Fennel
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Rutabega
- Spinach
- Squash
- Sweet Potato
- Swiss Chard

FRUITS

- Apples
- Apricots
- Avocado
- Banana
- Berries
- Cherry
- Coconut
- Dates
- Figs
- Grapes
- Grapefruit
- Kiwi
- Lemons
- Mango
- Melons
- Oranges
- Peaches
- Pears
- Persimmon
- Plum
- Pineapple
- Pomegranate
- Watermelon

HERBS & SPICES

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

PROTEINS

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

FATS

- Avocado Oil
- Coconut Oil
- Olive Oil

PANTRY ITEMS

- Apple cider vinegar
- Arrowroot powder
- Canned Fish
- Coconut flour
- Palm sugar
- Coconut flakes
- Coconut vinegar
- Dried fruit
- Honey
- Maple syrup
- Olives

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FOODS TO AVOID

GLUTEN & GRAIN

- Amaranth
- Barley
- Buckwheat
- Bulger
- Corn
- Farro
- Kamut
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Teff
- Wheat

DAIRY

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

LEGUMES

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

SEEDS & BERRY SPICES

- Allspice
- Anise
- Caraway
- Celery Seed
- Cumin
- Fennel Seed
- Mustard
- Nutmeg
- Pepper
- Poppy Seed

NUTS & SEEDS

- Almonds
- Brazil Nuts
- Canola
- Cashew
- Chia
- Coffee
- Cocoa
- Flax
- Hazelnut
- Hemp
- Pecan
- Pine nuts
- Pistachio
- Pumpkin
- Safflower
- Sesame
- Sunflower
- Walnut

EGGS

- Avocado Oil
- Coconut Oil
- Olive Oil

NIGHTSHADES

- All Peppers
- Eggplant
- Goji Berries
- Tomato
- Tomatillo
- White potato

ALCOHOL

- Beer
- Champagne
- Hard cider
- Liquor
- Malt beverages
- Wine