

FREE

AIP FOOD LIST

HEALINGAUTOIMMUNE.COM

BASIC AIP FOOD LIST

FOODS NOT ALLOWED ON PURE PALEO DIET

No Grains (including rice and quinoa)

No Dairy

No Legumes (including soy and peanuts)

No Sugars

No Vegetable or Seed Oils

No Additives (typically fine if you avoid all processed foods)

ADDITIONAL FOODS NOT ALLOWED ON AIP

No Eggs (including even paleo mayo)

No Nuts

No Seeds (including cocoa*, coffee*, seed-based spices*)

No Nightshades (including, tomatoes, eggplants/aubergines, potatoes, peppers, and any pepper-based spices - see the detailed list below for a more detailed list)

No Alcohol*

No NSAIDS* (including aspirin, ibuprofen)

No Stevia*

No Emulsifiers* or thickeners (e.g., guar gum, carrageenan)

Limit fruit to 2-5 servings per day*

No Algae* (including chlorella and spirulina)

FOODS YOU SHOULD EAT ON AIP

Vegetables (but avoid any nightshades, and note that corn wheat, and rice are not vegetables)

Fruits (note that Sarah Ballantyne's version limits fruit to 2-5 servings per day)

Meats, in particular organ meats

Bone broth is especially encouraged by many people

Seafood

Healthy Fats

Fermented Foods

Herbs (see more detailed list below)

* indicates an additional limitation in Sarah Ballantyne's version of AIP

DETAILED AIP FOOD LIST -- ALLOWED FOODS

EAT AS MUCH AS YOU WANT OF THESE PALEO FOODS ON AIP

VEGETABLES

Pretty much all vegetables except nightshades are good on AIP. Just remember that grains like corn, wheat, and rice are NOT vegetables.

Acorn Squash	Jicama	Swiss Chard
Artichoke Hearts	Kale	Taro
Artichokes	Kohlrabi	Turnips
Arugula (Rocket)	Leeks	Turnip Greens
Asparagus	Lettuce	Watercress
Avocado	Mushrooms (All	Yellow Crookneck
Beet Top	Kinds)	Squash
Beets	Mustard Greens	Yellow Squash
Bok Choy	Okra	Yam
Broccoli	Onions	Zucchini
Brussels Sprouts	Parsley	
Butternut Squash	Parsnips	
Cabbage	Pumpkin	
Carrots	Radicchio	
Cassava	Radish	
Cauliflower	Rapini	
Celery	Romaine Lettuce	
Chinese Cabbage	Rutabaga	
Chicory	Seaweed (All Sea	
Collard Greens	Vegetables, but	
Cucumber	avoiding Algae	
Dandelion	(including chlorella	
Endive	and spirulina)*)	
Fennel	Spaghetti Squash	
Fiddleheads	Spinach	
Green Onions	Squash	
Jerusalem Artichokes	Sweet Potato	

LEGUMES

Almost all legumes are off limits, but green beans and peas are actually still in seed form and fine to eat generally (Sarah Ballantyne states to avoid them initially).

EAT THESE PALEO FOODS IN MODERATION ON AIP

FRUITS

While fruits can be delicious and fairly nutritious, they are also easy to overeat. This can cause blood sugar issues as well as digestive problems. So try not to overeat these.

Most fruits are different than they were a million years ago, but some are healthier than others. Here are the best:

Blackberry
Blueberry
Coconut
Cranberry
Raspberry
Olive
Avocado

Here are some other fruits to consider:

Apples
Apricot
Bananas
Cantaloupe
Cherries
Dates
Figs
Grapefruit
Grapes
Guava
Honeydew Melon
Kiwi

Lemon
Lime
Lychee
Mango
Nectarines
Oranges
Papaya
Passion Fruit
Peaches
Pears
Persimmon
Pineapple
Plums
Pomegranates
Rhubarb
Star Fruit
Strawberry
Tangerine
Watermelon

NOTE: Cape Gooseberries, Garden Huckleberries, and Goji Berries are Nightshades and are on the Not Allowed Food List for AIP.

Dried Fruits - eat in moderation.

DETAILED AIP FOOD LIST -- ALLOWED FOODS

EAT AS MUCH AS YOU WANT OF THESE PALEO FOODS ON AIP

MEATS

Every meat is good, but quality makes a difference. Buy grass-fed, wild, and pastured when applicable and possible.

Check out [US Wellness Meats](https://gracious.link/us-wellness-meats) if you want high quality meat delivered to your door - <https://gracious.link/us-wellness-meats>

Alligator
Bear
Beef
Bison
Chicken
Deer
Duck
Elk
Goat
Goose
Kangaroo
Lamb
Moose
Pheasant
Pork
Quail
Rabbit
Reindeer
Sheep
Snake
Turkey
Veal
Wild Boar
Wild Turkey

ORGAN MEATS/OFFAL

There is no other category of food that is as nutritious as organ meats. Eat any of the following from pretty much any animal:

Heart
Liver
Kidney
Bone Marrow
Tongue
Tripe
Blood
Skin
Rinds
Brain
Sweetbreads
Tail (e.g., oxtail)

DETAILED AIP FOOD LIST -- ALLOWED FOODS

EAT AS MUCH AS YOU WANT OF THESE PALEO FOODS ON AIP

FISH AND SEAFOOD

Fish is highly nutritious, but buy wild-caught fish whenever possible. And, apart from organ meats, shellfish is the most nutrient-dense food you can eat.

Anchovies	Abalone
Bass	Clams
Cod	Crab
Eel	Lobster
Haddock	Mussels
Halibut	Oysters
Mackerel	Shrimp
Mahi Mahi	Scallops
Orange Roughy	
Perch	
Red Snapper	
Rockfish	
Salmon	
Sardines	
Tilapia	
Tuna	
Sole	
Grouper	
Turbot	
Trout	
Shark	

DETAILED AIP FOOD LIST -- ALLOWED FOODS

EAT AS MUCH AS YOU WANT OF THESE PALEO FOODS ON AIP

COOKING OILS

Pay particular attention to the oils that you cook in. These can make a huge difference in your overall health.

[Avocado Oil](#)

[Coconut Oil](#)

Lard

Tallow

[Olive Oil](#)

[Palm Oil](#) (but not palm kernel oil)

Duck Fat

Truffle Oil

[Red Palm Oil](#)

Bacon Fat

Leaf Lard

Pan Drippings

Salò

Schmaltz

Strutto

DETAILED AIP FOOD LIST -- ALLOWED FOODS

EAT AS MUCH AS YOU WANT OF THESE PALEO FOODS ON AIP

HERBS AND SPICES

This is the section that often trips people up on an autoimmune protocol. Many sauces, seasoning blends, and prepared foods contain certain herbs and spices not allowed on AIP. Below is the list of herbs and spices allowed on AIP, so make sure to stick to these and read labels carefully.

Lemon balm

Basil Leaves

Bay Leaves

Chamomile

Chervil

Chives

Cilantro

[Cinnamon](#)

[Cloves](#)

[Dill Weed](#)

[Garlic](#)

[Ginger](#)

Horseradish

[Lavender](#)

[Mace](#)

[Marjoram](#)

[Onion powder/flakes](#)

[Oregano](#)

Parsley

Peppermint

[Rosemary](#)

[Saffron](#)

Sage

[Salt](#)

Savory

Spearmint

Tarragon

[Thyme](#)

[Turmeric](#) (requires some caution)

Lemongrass

Lime Leaves

Wasabi

FRUITS AND BERRIES THAT ARE USED AS SPICES

(Sarah Ballantyne recommends eliminating these initially)

Allspice

Star Anise

Caraway

[Cardamom](#)

Juniper

[Black Pepper](#)

White Pepper

Green Peppercorn

Pink Peppercorn

Vanilla Bean

Sumac

EAT AS MUCH AS YOU WANT OF THESE PALEO FOODS ON AIP

FERMENTED

Improving your gut health can play a huge factor in healing your autoimmune condition. That's why fermented foods are often recommended on AIP.

As always, double check ingredients in any foods you buy from the store to make sure they don't have non-AIP ingredients.

Water kefir

Coconut kefir

Coconut yogurt

Fermented sauerkraut

Fermented kimchi

Kombucha (make sure you buy or make ones with live cultures and without additives or extra sugar, and if following Sarah Ballantyne's version, to buy ones without thickeners)

EAT THESE PALEO FOODS IN MODERATION ON AIP

SUGARS

One source of confusion on AIP is how much sugar you can eat and which types of sugars you can eat.

And different autoimmune experts have expressed different views on them, which adds to the confusion.

It's best to eat these in small amounts, and to be very aware of how you react to them.

[Raw Honey](#)

[Coconut Sugar \(some people have more issues with this\)](#)

[Maple Syrup](#)

[Molasses](#)

[Date Sugar](#)

OTHER PALEO FOODS ON AIP

OTHER FOODS

This is the catch-all category that covers the other foods you can enjoy on AIP. As with all ingredients, please be aware that you may have sensitivities to some foods that other people don't have problems with.

[Anchovies](#)

Tea (herbal, green, black)

Vinegars (including [apple cider](#), coconut water vinegar, red wine, white wine, balsamic)

[Coconut aminos](#)

[Fish Sauce](#)

[Capers](#)

Organic Jams and Chutneys

[Gelatin](#)

Coconut Water

[Coconut Butter](#)

[Shredded Coconut](#)

[Coconut Milk](#) (no emulsifiers)

Beet and Other Vegetable Kvass

Kombucha

[Shirataki Noodles](#)

Green Juices

[Water Chestnut Flour](#)

[Plantain Flour](#)

[Green Banana Flour](#)

[Coconut Flour](#)

[Cassava Flour](#)

[Tapioca Flour](#)

[Tigernut and Tigernut Flour](#)

[Sweet Potato Flour](#)

[Pumpkin Flour](#)

[Cricket Flour](#)

[Agar Agar](#)

[Arrowroot powder](#)

[Kelp Noodles](#)

FOODS NOT ALLOWED ON AIP

SWEETENERS, VEGETABLE AND SEED OILS

Any foods that aren't considered Paleo are also not considered AIP-Friendly, so avoid all non-Paleo sweeteners as well as vegetable and seed oils. Plus, there are a few other items you'll need to avoid on AIP as well.

White Sugar
High Fructose Corn Syrup
Artificial Sweeteners
Agave
Maltodextrin
Corn Syrup
Rice Syrup
Any Soda
Any Candy
Stevia

Corn oil
Canola oil
Vegetable oil
Soybean oil
Shortening
Sunflower oil
Safflower oil
Cottonseed oil
Grapeseed oil
Peanut oil
Margarine
Palm kernel oil
All Nut and Seed oils

FOODS NOT ALLOWED ON AIP

GRAINS, NUTS AND SEEDS

Grains are non-Paleo, so avoid always. Many folks with autoimmune conditions also have issues with nuts and seeds, so make sure to avoid these and anything made from them on AIP (including various spices).

Wheat
Barley
Corn
Millet
Oats
Rice (Brown and White)
Rye
Sorghum
Spelt
Pasta
Bread
Crackers
Cookies
Waffles
Pancakes
Pizza
Rice Cakes
Quinoa (even though it's not technically a grain)
Buckwheat

Almonds
Brazil Nuts
Hazelnuts
Macadamias
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts
Chestnuts
Nut and Seed Butters

SPICES THAT ARE SEEDS

Anise Seed
Annatto Seed
Black Caraway
Celery Seed
Coriander Seed
Cumin
Dill Seed
Fennel Seed
Fenugreek
Mustard Seed
Nutmeg
Poppy Seed
Sesame Seed

FOODS NOT ALLOWED ON AIP

DAIRY, LEGUMES

While some people deal ok with some dairy products like ghee, it's best to avoid these completely when you first start AIP. As for legumes, avoid even green beans and peas at first (even though they are considered Paleo foods), although these can be reintroduced very early on for most people.

In particular, please note that soy and peanuts are both legumes and their derivative products must also be avoided.

While coffee and cacao originate in a "bean" form, they are considered Paleo. However, many people with autoimmune conditions find that coffee and chocolate can affect them adversely. So, best to avoid at least initially.

DAIRY

Milk
Ice Cream
Frozen Yogurt
Yogurt
Cream
Sour Cream
Dairy Kefir

Black-Eyed Peas
Lentils
Snow Peas
Sugar Snap Peas
Green Beans
Peas
Peanuts
Soybeans
Tofu
Soy milk
White Beans
Pinto Beans
Fava Beans
Red Beans
Coffee
Cacao/Chocolate

LEGUMES

Garbanzo Beans
Black Beans
Kidney Beans
Mung Beans
Lima Beans
Chickpeas

FOODS NOT ALLOWED ON AIP

NIGHTSHADES

Nightshades can be especially difficult to avoid as they are in so many sauces and spice blends. So be careful when reading ingredient lists! It also makes cooking tough as tomatoes and peppers are used in so many dishes.

- | | |
|-----------------------|---------------------------|
| Ashwagandha | Cayenne pepper |
| Capsicums | Paprika spice |
| Potatoes | Chili powder |
| Tomatoes | Red Pepper Flakes |
| Tomatillos | Chili Pepper Flakes |
| Peppers (of any kind) | Curry spice powder |
| Cocona | Garam Masala spice |
| Garden Huckleberries | Most spice blends |
| Kutjera | Paleo ketchup |
| Naranjillas | Curry Powder |
| Pepinos | Red Pepper |
| Pimentos | Chinese Five-Spice Powder |
| Tamarillos | Steak Seasoning |
| Eggplants/aubergines | |
| Goji berries | |
| Cape Gooseberries | |

Confused By All the Foods You're Supposed to Avoid?

It can be really confusing starting AIP - what can you eat? What can't you eat? And once you've got the ingredients figured out, you've still got to make actually edible meals out of them!

But don't stress, we've come up with a plan...

Take Control With Our AIP Quick-30 Meal Plans



- 30 or Fewer Ingredients each week, so that you spend less money and less time cooking.
- 100% AIP-Compliant Ingredients, so you're never confused about what to eat.
- 1 Purpose: Delicious recipes to help you heal your body and boost your energy (plus burn a little fat).

**STOP WORRYING ABOUT
WHAT TO EAT ON AIP**

HEALING
AUTOIMMUNE