

# AIP Food List

Name: _____	Date: _____
Age: _____	Gender: _____
Weight: _____	Height: _____

## General guidelines

- The AIP diet begins with an elimination phase. Remove all the foods and food groups mentioned in the "Foods to Avoid" list. Be diligent about reading food labels to avoid hidden ingredients.
- Focus on whole, nutrient-dense foods. These should make up the majority of your diet during the elimination phase.
- Try to rotate your food choices to reduce the risk of developing sensitivities to specific foods. Variety is key to obtaining a wide range of nutrients.
- Preparing your meals at home allows you to have full control over the ingredients. This reduces the chances of accidental exposure to non-compliant foods.
- Processed and packaged foods often contain additives, preservatives, and hidden ingredients that may not be AIP-compliant. Steer clear of them.
- Pay close attention to how your body responds to foods during the reintroduction phase. If you experience any negative symptoms, remove the reintroduced food and wait for symptoms to subside before trying another one.

## AIP diet food list

Protein	Vegetables
<ul style="list-style-type: none"><li>• <b>Fatty fish:</b> Wild-caught salmon, mackerel, sardines.</li><li>• <b>Poultry:</b> Pasture-raised chicken, turkey, and duck.</li><li>• <b>Grass-fed and pastured meats:</b> Beef, lamb, pork (in moderation).</li><li>• <b>Organ meats:</b> Liver, heart, and other nutrient-dense organs.</li></ul>	<ul style="list-style-type: none"><li>• <b>Non-nightshade vegetables:</b> Such as kale, spinach, broccoli, cauliflower, carrots, beets, and sweet potatoes.</li></ul>
Fruits	Fresh herbs
<ul style="list-style-type: none"><li>• <b>Low-sugar fruits:</b> Such as berries, green apples, and pears (in moderation).</li></ul>	<ul style="list-style-type: none"><li>• Parsley</li><li>• Basil</li><li>• Cilantro</li><li>• Thyme</li></ul>
Fats	Others
<ul style="list-style-type: none"><li>• Avocado</li></ul>	<ul style="list-style-type: none"><li>• <b>Bone broth:</b> Homemade or high-quality</li></ul>

- Coconut oil
- Olive oil
- Animal fats from pasture-raised animals

- store-bought varieties.
- **Gelatin:** Grass-fed gelatin for making gummies and desserts.
  - **Coconut products:** Unsweetened coconut milk, coconut cream, and shredded coconut (in moderation).

### Foods to avoid

- **Grains:** Wheat, corn, rice, and other grains.
- **Legumes:** Beans, lentils, and peanuts.
- **Dairy:** All forms of dairy, including milk, cheese, and yogurt.
- **Nightshades:** Tomatoes, potatoes, eggplants, and bell peppers.
- **Eggs:** Eggs are often reintroduced later in the protocol.
- **Nuts and seeds:** Including almonds, cashews, and chia seeds.
- **Processed foods:** Avoid all processed and artificial ingredients.
- **Sugar and sweeteners:** All forms of added sugar and artificial sweeteners.
- **Alcohol:** Avoid all alcoholic beverages.

### Recommendations

### Additional notes