Basic List of Foods for the Paleo Autoimmune Protocol (AIP)

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

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Please note that we highly recommend you purchase a copy of (and read) Sarah Ballantyne’s book, The Paleo Approach, if you have an autoimmune condition. Note only does she have much more comprehensive lists of foods, but she also describes all the reasons why certain foods may cause issues with your autoimmune condition.

Much of this list draws from information from her book.
Detailed List of Foods for AIP

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.

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

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).

* indicates that the food is not allowed on Sarah Ballantyne's version of AIP

ALLOWED FOODS www.PaleoMagazine.com
Paleo Living Magazine
Detailed List of Foods for AIP

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

**FRUITS**
(Limit to 2-5 portions per day for Sarah Ballantyne’s version)

<table>
<thead>
<tr>
<th>Most fruits are different than they were a million years ago, but some are healthier than others. Here are the best:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberry</td>
</tr>
<tr>
<td>Blueberry</td>
</tr>
<tr>
<td>Coconut</td>
</tr>
<tr>
<td>Cranberry</td>
</tr>
<tr>
<td>Raspberry</td>
</tr>
<tr>
<td>Olive</td>
</tr>
<tr>
<td>Avocado</td>
</tr>
</tbody>
</table>

Here are some other fruits to consider:

| Apples | Passion Fruit |
| Apricot | Peaches |
| Bananas | Pears |
| Cantaloupe | Persimmon |
| Cherries | Pineapple |
| Dates | Plums |
| Figs | Pomegranates |
| Grapefruit | Rhubarb |
| Grapes | Star Fruit |
| Guava | Strawberry |
| Honeydew Melon | Tangerine |
| Kiwi | Watermelon |

NOTE: Cape Gooseberries, Garden Huckleberries, and Goji Berries are Nightshades and are on the Not Allowed Food List for AIP.
Detailed List of Foods for AIP
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 if you want high quality meat delivered to your door - http://paleomagazine.com/us-wellness-meats

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

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
**Detailed List of Foods for AIP**

**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. Check out Vital Choice ([http://paleomagazine.com/buy-vitalchoice](http://paleomagazine.com/buy-vitalchoice)) and Seabear ([http://paleomagazine.com/seabear](http://paleomagazine.com/seabear)) for wild-caught fish delivered to your door!

<table>
<thead>
<tr>
<th>Anchovies</th>
<th>Abalone</th>
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<tbody>
<tr>
<td>Bass</td>
<td>Clams</td>
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<tr>
<td>Cod</td>
<td>Crab</td>
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<tr>
<td>Eel</td>
<td>Lobster</td>
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<tr>
<td>Haddock</td>
<td>Mussels</td>
</tr>
<tr>
<td>Halibut</td>
<td>Oysters</td>
</tr>
<tr>
<td>Mackerel</td>
<td>Shrimp</td>
</tr>
<tr>
<td>Mahi Mahi</td>
<td>Scallops</td>
</tr>
<tr>
<td>Orange Roughy</td>
<td></td>
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<tr>
<td>Perch</td>
<td></td>
</tr>
<tr>
<td>Red Snapper</td>
<td></td>
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<tr>
<td>Rockfish</td>
<td></td>
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<tr>
<td>Salmon</td>
<td></td>
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<tr>
<td>Sardines</td>
<td></td>
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<tr>
<td>Tilapia</td>
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<td>Tuna</td>
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<tr>
<td>Sole</td>
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<tr>
<td>Grouper</td>
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<td>Turbot</td>
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<tr>
<td>Trout</td>
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<tr>
<td>Shark</td>
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</tbody>
</table>

**ALLOWED FOODS**

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*Paleo Living Magazine*
**Detailed List of Foods for AIP**

**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**
  - Grassfed Ghee or Clarified Butter (Sarah Ballantyne states that it should be initially avoided with the possible exception of cultured grass-fed ghee)

- **Coconut Oil**

- **Lard**

- **Tallow**

- **Olive Oil**

- **Macadamia Oil** (Sarah Ballantyne states that it’s in the “gray area” - depends if you have sensitivities)

- **Walnut Oil** (Sarah Ballantyne states that it’s in the “gray area” - depends if you have sensitivities)

- **Palm Oil** (but not palm kernel oil)

- **Duck Fat**

- **Truffle Oil**

- **Red Palm Oil**

- **Bacon Fat**

- **Leaf Lard**

- **Pan Drippings**

- **Salo**

- **Schmaltz**

- **Strutto**
**Detailed List of Foods for AIP**

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

**HERBS AND SPICES**

- 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)

**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 (including vanilla extract!)
- Sumac
FERMENTED FOODS
Note - check that any pre-made foods contain AIP-compliant 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)

OTHER
Anchovies
Cocoa (or 100% chocolate) (not permitted on Sarah Ballantyne’s version)
Coffee (not permitted on Sarah Ballantyne’s version)
Tea (herbal, green, black)
Gluten-Free Alcohol (not permitted for drinking on Sarah Ballantyne’s version - ok to use in cooking if it’s cooked off)
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 Milk Kefir
Coconut Milk (no emulsifiers)
Beet and Other Vegetable Kvass
Kombucha
Green Juices
Agar Agar
Arrowroot powder
Baking Soda
Carob Powder
Coconut Butter
Coconut Cream
Green Banana Flour
Cream of Tartar
Kuzu Starch
Plantain Flour
Water Chestnut Flour
Detailed List of Foods for AIP

FOODS NOT ALLOWED ON AIP

SWEETENERS, VEGETABLE AND SEED OILS

Sugar
Honey**
Coconut Sugar
High Fructose Corn Syrup
Maple Syrup**
Artificial Sweeteners
Agave
Maltodextrin
Corn Syrup
Molasses**
Pomegranate Molasses**
Date Sugar**
Rice Syrup
Any Soda
Any Candy
Stevia
Coconut Sugar

Corn oil
Canola oil
Vegetable oil
Soybean oil
Shortening
Sunflower oil
Safflower oil
Cottonseed oil
Grapeseed oil
Peanut oil
Margarine
Palm kernel oil

**May be allowed in moderation under Sarah Ballantyne’s version.

NOT ALLOWED FOODS  www.PaleoMagazine.com
Paleo Living Magazine
Wheat
Barley
Corn
Millet
Oats
Rice
Rye
Sorghum
Spelt
Pasta
Bread
Crackers
Cookies
Waffles
Pancakes
Pizza
Rice Cakes
Quinoa (even though it’s not technically a grain)

Almonds
Brazil Nuts
Hazelnuts
Macadamias
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds

Walnuts
Chestnuts

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

Detailed List of Foods for AIP

FOODS NOT ALLOWED ON AIP

GRAINS, NUTS AND SEEDS

SPICES THAT ARE SEEDS
## Detailed List of Foods for AIP

**FOODS NOT ALLOWED ON AIP**

### DAIRY, LEGUMES, AND NIGHTSHADES

#### DAIRY
- Milk
- Ice Cream
- Frozen Yogurt
- Yogurt
- Cream
- Sour Cream
- Dairy Kefir

#### LEGUMES
- Garbanzo Beans
- Black Beans
- Kidney Beans
- Mung Beans
- Lima Beans
- Chickpeas
- Black-Eyed Peas
- Lentils
- Snow Peas
- Sugar Snap Peas
- Peanuts
- Soybeans
- Tofu
- Soymilk
- White Beans
- Pinto Beans
- Fava Beans
- Red Beans

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

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**NOT ALLOWED FOODS**

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