

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.

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

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

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Detailed List of Foods for AIP

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FOODS ON AIP

FRUITS

(Limit to 2-5 portions per day for Sarah Ballantyne's version)

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.

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](http://uswellnessmeats.com) if you want high quality meat delivered to your door - <http://paleomagazine.com/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

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!

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 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

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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)

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 (including vanilla extract!)
Sumac

Detailed List of Foods for AIP

EAT AS MUCH AS YOU WANT OF THESE PALEO

FOODS ON AIP

FERMENTED AND OTHER FOODS

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

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](#)

ALLOWED FOODS

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FOODS NOT ALLOWED ON AIP

SWEETENERS, VEGETABLE AND SEED OILS

Sugar	Corn oil
Honey **	Canola oil
Coconut Sugar	Vegetable oil
High Fructose Corn Syrup	Soybean oil
Maple Syrup **	Shortening
Artificial Sweeteners	Sunflower oil
Agave	Safflower oil
Maltodextrin	Cottonseed oil
Corn Syrup	Grapeseed oil
Molasses **	Peanut oil
Pomegranate Molasses**	Margarine
Date Sugar **	Palm kernel oil
Rice Syrup	
Any Soda	
Any Candy	
Stevia	
Coconut Sugar	

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

Detailed List of Foods for AIP

FOODS NOT ALLOWED ON AIP

GRAINS, NUTS AND SEEDS

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

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

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