

AIP DIET FOOD LIST

Foods to eat

Meat and Seafood

- Grass-fed meats
- Wild-caught fish and seafood (like anchovies, tilapia, salmon, tuna, mackerel, clams, shrimp, cod, halibut, and sardines)
- Shellfish (oysters, mussels, scallops, lobster)
- Free-range or organic chicken, turkey, and duck
- Game meats (bison, venison, elk, goat, lamb, and boar)

Vegetables

- kale, spinach, lettuce, cabbage, watercress, beet greens, collard greens
- broccoli, cauliflower, Brussels sprouts, arugula, turnips, mustard greens, radish, and turnips
- onion, leek, garlic, ramps, scallions, shallots, and chives
- sweet potato, beets, carrots, parsnips, turnip, and acorn squash
- Mushrooms
- seaweed, hijiki, wakame, dulse, Irish moss, and alaria
- celery, cucumber, fennel, jicama, kohlrabi, okra, parsley, parsnips, radish, and taro

Fruits

- apricot, banana, berries, cherry
- citrus fruits
- coconut, date, fig,
- Grape
- Kiwi
- mango, melons, peach, pear, persimmon, plum
- pineapple, pomegranate
- watermelon

Pantry Staples

- avocado, olive oil, coconut oil, and wild-caught fish oil
- basil, bay leaf, chives, cilantro, cinnamon, dill, ginger, garlic, mint, parsley, peppermint, rosemary, sage, thyme, and turmeric
- salt, pepper, ginger, and herbs like parsley, basil, and oregano

Fermented Foods

- Sauerkraut
- White kimchi (nightshade-free)
- Kombucha
- Pickled vegetables and fruits
- Coconut milk kefir

Other

- Organ meats: liver, kidney, and bone marrow
- Duck lard
- Beef tallow
- Wild-caught salmon oil
- Grass-fed beef jerky

Foods to avoid

Nightshade vegetables

- Tomatoes
- Peppers
- Eggplant
- Potatoes
- chili-based spices and red pepper flakes

Legumes

- Beans
- Lentils
- peanuts

Dairy

- Milk
- Cheese
- Yogurt
- butter

Grains

- Wheat
- Barley
- Oats
- Corn

Processed foods

- packaged snacks
- Candy, cookies
- baked goods
- guar gum
- emulsifiers, and coloring
- cane sugar, beet sugar, corn syrup
- barley malt syrup
- High-glycemic index fruits and vegetables
- hot dogs
- Sausages
- bacon
- foods containing artificial sweeteners, flavorings, and preservatives
- Food additives: MSG, aspartame, and other artificial additives
- processed snacks, Chips

Foods high in omega-6 fatty acids

- soybean oil
- sunflower oil
- canola oil

Other

- Coffee
- Cocoa
- Alcohol