

## The Autoimmune Protocol Diet

### What is the autoimmune protocol diet?

The autoimmune protocol diet (AIP) is based on the Paleolithic (Paleo) diet and consists of a three-phase elimination protocol. The goal of the protocol is to eliminate certain dietary factors to identify potential triggers of intestinal inflammation, dysbiosis (microbial imbalance) in the gastrointestinal tract, and symptoms of food intolerance.

The three phases of the diet include:

1. **Elimination**, which removes dietary additives, emulsifiers, Western dietary patterns, and specific foods
2. **Maintenance**, which involves maintaining the elimination of the above elements until symptoms are measurably improved
3. **Reintroduction**, which involves gradually reintroducing food and food groups to identify specific dietary components that may be associated with symptoms

### Why follow the AIP diet?

Elimination diets such as the AIP may exert benefits as a result of rebalancing gut bacteria, regulating the immune response, promoting gut healing, and providing beneficial nutrients. Research has shown that the AIP diet may improve symptoms and quality of life in individuals with autoimmune conditions including inflammatory bowel disease (IBD) and Hashimoto's thyroiditis (HT).

### Which foods are included in the AIP diet?

The AIP diet consists of fresh, nutrient-dense, unprocessed foods. The following table summarizes dietary factors to eliminate and foods to enjoy on the AIP diet.

| Eliminate  | Enjoy  |
|--|--|
| Alcohol<br>All grains<br>Coffee<br>Dairy<br>Eggs<br>Food additives (e.g., colors, flavors, preservatives)<br>Industrial seed oils (e.g., canola, safflower, sunflower)<br>Legumes<br>Nightshades (e.g., eggplant, peppers, tomato, potatoes)<br>Non-steroidal anti-inflammatory drugs (NSAIDs)<br>Nuts and seeds<br>Refined/processed sugars | Bone broth<br>Fermented foods and probiotics<br>Foods high in mono and polyunsaturated fatty acids (e.g., avocados, seafood)<br>Fruits<br>Non-processed meats<br>Organ meats (e.g., kidney, liver, sweetbreads)<br>Poultry (e.g., chicken, turkey)<br>Tubers (e.g., Jerusalem artichoke, parsnips, sweet potato)<br>Vegetables (excluding those in the Eliminate column)<br>Wild game meats (e.g., bison, rabbit, venison) |

## AIP Diet Grocery Guide

The AIP Diet Grocery Guide provides examples of foods permitted on the AIP diet. Be sure to consume a variety of fresh, local, and organic vegetables and fruits to ensure you're meeting your daily nutrient needs. When purchasing animal products, look for organic, free-range, pasture-raised, wild-caught, and sustainable options.

### Vegetables

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Artichoke        | <input type="checkbox"/> Carrots              | <input type="checkbox"/> Mushrooms      |
| <input type="checkbox"/> Arugula          | <input type="checkbox"/> Celery               | <input type="checkbox"/> Onions         |
| <input type="checkbox"/> Asparagus        | <input type="checkbox"/> Chives               | <input type="checkbox"/> Parsnips       |
| <input type="checkbox"/> Beets            | <input type="checkbox"/> Cucumber             | <input type="checkbox"/> Spinach        |
| <input type="checkbox"/> Broccoli         | <input type="checkbox"/> Fermented vegetables | <input type="checkbox"/> Squash         |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Kale                 | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Cabbage          | <input type="checkbox"/> Lettuces             | <input type="checkbox"/> Zucchini       |

### Fruit

- |                                      |                                     |                                       |
|--------------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples      | <input type="checkbox"/> Dates      | <input type="checkbox"/> Oranges      |
| <input type="checkbox"/> Avocado     | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Passionfruit |
| <input type="checkbox"/> Banana      | <input type="checkbox"/> Grapes     | <input type="checkbox"/> Peaches      |
| <input type="checkbox"/> Berries     | <input type="checkbox"/> Guava      | <input type="checkbox"/> Pears        |
| <input type="checkbox"/> Cherries    | <input type="checkbox"/> Lemon      | <input type="checkbox"/> Pineapple    |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Mango      | <input type="checkbox"/> Plums        |
|                                      | <input type="checkbox"/> Melon      | <input type="checkbox"/> Pomegranate  |

### Herbs and spices (dried or fresh)

- |                                     |                                  |                                     |
|-------------------------------------|----------------------------------|-------------------------------------|
| <input type="checkbox"/> Basil      | <input type="checkbox"/> Garlic  | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Bay leaves | <input type="checkbox"/> Ginger  | <input type="checkbox"/> Rosemary   |
| <input type="checkbox"/> Dill       | <input type="checkbox"/> Oregano | <input type="checkbox"/> Sage       |
| <input type="checkbox"/> Cinnamon   | <input type="checkbox"/> Parsley | <input type="checkbox"/> Turmeric   |

### Animal proteins

- |                                     |                                  |                                      |
|-------------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Beef       | <input type="checkbox"/> Fish    | <input type="checkbox"/> Rabbit      |
| <input type="checkbox"/> Bison      | <input type="checkbox"/> Kidneys | <input type="checkbox"/> Shrimp      |
| <input type="checkbox"/> Bone broth | <input type="checkbox"/> Liver   | <input type="checkbox"/> Sweetbreads |
| <input type="checkbox"/> Chicken    | <input type="checkbox"/> Lobster | <input type="checkbox"/> Turkey      |
| <input type="checkbox"/> Clams      | <input type="checkbox"/> Pork    | <input type="checkbox"/> Venison     |

### Seasonings

- Apple cider vinegar
- Balsamic vinegar
- Coconut aminos
- Himalayan & sea salt

### Fats and oils

- Avocado oil
- Extra virgin olive oil
- Coconut milk and oil
- Lard, duck fat

### Other

- Coconut kefir & yogurt
- Filtered water
- Herbal teas