

Autoimmune Protocol Food Lists

Foods to Include

<p>VEGETABLES</p> <ul style="list-style-type: none"> • Artichoke • Arugula • Asparagus • Bok choy • Broccoli • Brussels sprouts • Cabbage • Cauliflower • Celery • Collard greens • Cucumber • Fennel • Green beans • Kale • Leek • Spinach • Squash, all varieties • Swiss chard • Watercress 	<p>FRUITS</p> <ul style="list-style-type: none"> • Apple • Apricot • Avocado • Banana • Blackberry • Blueberry • Cantaloupe • Cherry • Clementine • Coconut • Date • Fig • Grapefruit • Guava • Honeydew • Kiwi • Lemon • Lime • Mango • Nectarine • Orange • Papaya • Peach • Pear • Pineapple • Plum • Pomegranate • Raspberry • Strawberry • Tangerine • Watermelon 	<p>ROOTS</p> <ul style="list-style-type: none"> • Beets • Carrots • Celeriac • Jicama • Onion • Parsnip • Radish • Rutabaga • Shallot • Sweet potato • Turnip • Yam 	<p>MEATS & BROTH</p> <ul style="list-style-type: none"> • Beef • Bison • Bone broth • Chicken • Duck • Fish • Lamb • Organ meats (kidney, heart, liver) • Pork • Rabbit • Shellfish • Turkey • Venison
<p>FERMENTED FOODS</p> <ul style="list-style-type: none"> • Fermented vegetables (carrots, beets, green beans) • Kombucha • Sauerkraut • Water kefir 	<p>PANTRY ITEMS</p> <ul style="list-style-type: none"> • Anchovies • Apple cider vinegar • Arrowroot powder • Coconut amino • Coconut flakes • Coconut flour • Coconut vinegar • Dates • Dried fruit • Olives • Salmon • Sardines • Tuna • Ume plum vinegar 	<p>HERBS</p> <ul style="list-style-type: none"> • Basil • Bay leaves • Chamomile • Chives • Cilantro • Dill • Lavender • Lemongrass • Marjoram • Mint • Parsley • Spearmint • Tarragon • Thyme 	<p>SPICES</p> <ul style="list-style-type: none"> • Cinnamon • Cloves • Garlic • Ginger • Onion powder • Saffron • Sea salt • Turmeric

Foods to Exclude

<p>GRAINS</p> <ul style="list-style-type: none"> ● Amaranth ● Barley ● Buckwheat ● Corn ● Farro ● Kamut ● Millet ● Oats ● Quinoa ● Rice ● Sorghum ● Spelt ● Teff ● Wheat 	<p>DAIRY & EGGS</p> <ul style="list-style-type: none"> ● Butter ● Cheese ● Chicken eggs ● Cream ● Cream cheese ● Duck eggs ● Ghee ● Goose eggs ● Milk ● Yogurt 	<p>BEANS & LEGUMES</p> <ul style="list-style-type: none"> ● Adzuki beans ● Black beans ● Black-eyed peas ● Chickpeas ● Fava beans ● Kidney beans ● Lentils ● Peanuts ● Soybeans 	<p>VEGETABLES</p> <p>Nightshade Varieties</p> <ul style="list-style-type: none"> ● Eggplant ● Goji berries (wolf berries) ● Peppers <ul style="list-style-type: none"> ○ Cayenne ○ Chili ○ Habanero ○ Jalapeno ○ Paprika ○ Poblano ○ Sweet pepper ● Potato ● Tomatillo ● Tomato
<p>ALCOHOL</p> <ul style="list-style-type: none"> ● Beer ● Cider ● Distilled Liquor ● Wine 	<p>SPICES</p> <ul style="list-style-type: none"> ● Allspice ● Anise ● Annatto ● Caraway ● Cardamom ● Celery seed ● Coriander ● Cumin ● Fennel seed ● Fenugreek ● Mustard ● Nutmeg ● Pepper ● Poppy seed 	<p>PANTRY ITEMS</p> <ul style="list-style-type: none"> ● Artificial sweeteners ● Canned tomato products ● Canola oil ● Margarine ● Refined sugar ● Vegetable oils ● Wheat flour 	<p>NUTS & SEEDS</p> <ul style="list-style-type: none"> ● Almonds ● Brazil nuts ● Cashews ● Chestnuts ● Hazelnuts ● Macadamia nut ● Pecans ● Pine nuts ● Pistachios ● Walnuts ● All nut and seed butters