

EMERGENCY AIP SNACKS

Avoid panic and keep this sheet with you when out and about. These are foods that can be found in most grocery stores, Target, Wal-mart, and many gas stations. Be sure to check ALL labels to make sure there aren't any non-compliant ingredients though.

Avocados

Clams, canned

Chicken, canned (water & salt only)

Coconut Flakes (usually in baking aisle)

Coconut Water

Crab, canned

Dehydrated Fruit

Dried Fruit (in moderation, check for sunflower oil)

EPIC Bars (Beef & Apple, Bison Cranberry, Smoked Maple Bacon, and Salmon are compliant)

Fresh Fruit

Frozen Vegetables

Green Juices (in moderation)

Herring, canned

Hearts of Palm, canned

Kippers, canned

Kombucha

Leafy Greens

Mussels, canned

Olives, black, green or kalamata (avoid ones with pimentos)

Oysters, canned

Plantain Chips (look for those cooked in coconut or palm oil)

Pork Rinds (plain)

Prosciutto

Raisins

Rotisserie Chicken (naked, with just salt)

Salmon, canned

Sardines, canned

Sauerkraut (best if in the refrigerated section as this will be probiotic)

Seaweed Snacks (avoid soy sauce and sesame oil)

Shrimp, canned

Shrimp, precooked and frozen

Smoked Fish (Salmon, Trout, etc)

Sparkling Water (flavored is fine, like La Croix)

Sweet Potato Chips (look for those cooked in coconut oil)

Tea, green, black or herbal

Tuna, canned

Vegetables, raw (broccoli, carrots, cauliflower, celery, cucumbers, jicama, mushrooms, radishes)

Wild Zora Mediterranean Lamb and Apple Pork bars (found in some Wal-marts)

