

AIP REINTRODUCTION STAGES

01

Egg Yolks (not the whites)

Beans/Legumes with Edible Pods: green beans, peas, runner beans, snow peas, sugar snap peas, wax beans, bean/legume sprouts

Fruit and Berry-Based Spices: Allspice, Black Pepper, Caraway, Cardamom, Juniper, Peppercorns, Star Anise, Sumac

Seed-based Spices: Anise Seed, Annatto Seed, Black Caraway, Black Cumin, Celery Seed, Coriander Seed, Cumin Seed, Dill Seed, Fennel Seed, Fenugreek, Mustard, Nutmeg, Russian Caraway

Nut and Seeds (oils only): Macadamia, Sesame, Walnut

Nuts and Seeds: Chocolate, Cocoa, and Coffee (occasional basis)

Dairy (ideally from grass-fed sources): Ghee

02

Nuts and seeds: Almonds, Brazil Nuts, Cashews, Chestnuts, Coffee (regular basis), Hazelnuts, Macadamia Nuts, Pecans, Pine Nuts, Walnuts, Cacao, Chia, Chocolate, Cocoa, Flax, Hemp Seeds, Pistachios, Poppy, Pumpkin Seeds, Sesame, Sunflower, or any other flavors, flours, butters, oils, and other products derived from them

Egg whites (or whole eggs)

Dairy (ideally from grass-fed sources): Butter and Butter oil

Alcohol (small quantities): Gluten-free beer or hard cider (8 oz or less), Wine (5 oz or less), Fortified Wine (3 oz or less), Liqueur (3 oz or less), Gluten-free Spirits (1 oz or less)

03

Nightshades (limited): Bell Peppers (aka Sweet Peppers), Eggplant, Paprika, Potatoes (peeled)

Dairy (ideally from grass-fed sources): Buttermilk, Cheese, Cottage Cheese, Cream, Cream Cheese, Curds, Dairy-Protein Isolates, Heavy Cream, Ice Cream, Kefir, Milk, Sour Cream, Whey, Whey-protein Isolate, Whipping Cream, Yogurt

Beans/Legumes: Split Peas, Lentils, Garbanzo Beans (Chickpeas). Note: Beans may be more tolerated if soaked and fermented.

04

Nightshades or spices derived from nightshades: Ashwagandha, Cayenne Peppers, Cape Gooseberries, Chili Peppers, Chili-based Spices, Garden Huckleberries, Goji Berries, Ground Cherries, Hot Peppers, Naranjillas, Pepinos, Pimentos, Potatoes (unpeeled), Tamarillos, Tomatillos, Tomatoes, Wolfberries

Gluten-free Grains, Psuedo-grains, and other grain-like substances: Aramanth, Buckwheat, Corn, Fonio, Job's Tears, Kamut, Millet, Oats, Quinoa, Rice, Sorghum, Spelt, Teff, Wild Rice (grains may be tolerated more when soaked and fermented)

Legumes: Adzuki Beans, Black Beans, Black-eyed Peas, Broad Beans, Butter Beans, Calico Beans, Cannellini Beans, Fava Beans, Great Northern Beans, Italian Beans, Kidney Beans, Lima Beans, Mung Beans, Navy Beans, Pinto Beans, Peanuts, *Note: Legumes may be tolerated more when soaked and fermented*

Alcohol (moderate quantities): Gluten-free Beer or Hard Cider, Wine, Fortified Wine, Liqueur, Gluten-free Spirits