

AIP FOODS TO AVOID



GRAINS

Barley, Bulgur, Corn, Durum, Einkorn, Farro, Fonio, Job's Tears, Kamut, Millet, Oats, Rice, Rye, Semolina, Sorghum, Spelt, Teff, Triticale, Wheat (all varieties), Wild Rice

PSEUDO-GRAINS

Amaranth, Buckwheat, Chia Seed, Quinoa

DAIRY

Butter, Buttermilk, Butter Oil, Cheese, Cottage Cheese, Cream, Cream Cheese, Milk, Curds, Dairy-protein isolates, Ghee, Heavy Cream, Ice Cream, Kefir, Sour Cream, Whey, Whey-protein Isolate, Whipping Cream, Yogurt

NUTS AND NUT OILS

Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Macadamia Nuts, Pecans, Pine Nuts, Pistachios, Walnuts
(and any flavors, flours, butters, oils, or other products derived from nuts)

LEGUMES (BEANS)

Adzuki Beans, Beans with Edible Pods, Bean Sprouts, Black Beans, Black-eyed Peas, Broad Beans, Butter Beans, Calico Beans, Cannelini Beans, Chickpeas, Edamame, Fava Beans, Garbanzo Beans, Great Northern Beans, Green Beans, Italian Beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans, Peanuts, Peas, Runner Beans, Split Peas, Soybeans, Tempeh, Tofu

PROCESSED VEGETABLE OILS

Canola Oil, Corn Oil, Cottonseed Oil, Grapeseed Oil, Palm Kernel Oil, Palm Olein, Peanut Oil, Rapeseed Oil, Safflower Oil, Soybean Oil, Sunflower Oil

PROCESSED FOOD CHEMICALS & INGREDIENTS

Acrylamides, Artificial Food Colors, Artificial and Natural Flavors, Autolyzed Protein, Brominated Vegetable Oil, Carrageenan, Cellulose Gum, Emulsifiers, Guar Gum, Hydrogenated Oil, Hydrolyzed Vegetable Protein, Lecithin, Monosodium Glutamate (MSG), Nitrates, Nitrites (naturally occurring ones are ok), Olestra, Palm Olein, Partially Hydrogenated Vegetable Oil, Phosphoric Acid, Propylene Glycol, Textured Vegetable Protein, Trans Fats, Xanthan Gum, Yeast Extract, and any other ingredient with an unrecognized chemical name

SUGAR ALCOHOLS AND ARTIFICIAL SUGARS

Acesulfame potassium, Aspartame, Erythritol, Mannitol, Neotame, Saccharin, Sorbitol, Stevia, Sucralose, Xylitol

ADDED SUGARS

Agave, Agave Nectar, Barley Malt, Beet Sugar, Brown Rice Sugar, Brown Sugar, Cane Crystals, Cane Juice, Cane Sugar, Caramel, Corn Sweetener, Corn Syrup, Corn Syrup Solids, Crystalline Fructose, Date Sugar, Dehydrated Cane Juice, Demerara Sugar, Dextrin, Dextrose, Diastatic Malt, Evaporated Cane Juice, Fructose, Fruit Juice, Fruit Juice Concentrate, Galactose, Glucose, Glucose Solids, Golden Syrup, High-fructose Corn Syrup, Invert Sugar, Inulin, Jaggery, Lactose, Malt Syrup, Maltodextrin, Maltose, Monk Fruit, Muscovado Sugar, Palm Sugar, Panela, Panocha, Powdered Sugar, Rapadura, Raw Cane Sugar, Raw Sugar, Refined Sugar, Rice Bran Syrup, Rice Syrup, Saccharose, Sorghum Syrup, Stevia, Sucanat, Sucrose, Syrup, Treacle, Turbinado Sugar, Yacon Syrup

SEEDS AND SEED OILS

Chia, Chocolate, Cacao, Cocoa, Coffee, Flax, Hemp Seeds, Poppy, Pumpkin Seeds, Sesame, Sunflower, Tahini (*and any flavors, flours, butters, oils, or other products derived from seeds*)

SEED SPICES

Allspice, Anise, Annatto, Black Caraway, Black Cumin, Cardamon, Celery Seed, Coriander, Cumin, Dill Seed, Fennel Seed, Fenugreek, Juniper, Mustard, Nutmeg, Pepper, Poppy, Russian Caraway

NIGHTSHADES AND NIGHTSHADE SPICES

Ashwagandha, Bell Peppers, Cayenne Peppers, Cape Gooseberries, Chili Peppers, Chili Spice, Eggplant, Garden Huckleberries, Ground Cherries, Goji Berries, Hot Peppers, Naranjillas, Paprika, Pepinos, Pimentos, Potatoes (sweet potatoes are ok), Sweet Peppers, Tamarillos, Tobacco, Tomatillos, Tomatoes, Wolfberries

EGGS

Chicken eggs, duck eggs, goose eggs, quail eggs, or any other type of egg

ALCOHOL

Beer, Wine, Liquor, or any other form of alcoholic beverages Trace amounts are ok in kombucha .
Alcohol may be ok if cooked off, like in a stew

OTHER ITEMS

Aloe Vera, Baking Powder, Black Pepper, Chlorella, Dandy Blend, Elderberry, Maca Root, NSAIDs (Aspirin or Ibuprofen), Peppercorns, Psyllium Husk, Slippery Elm, Spirulina, Teechino, White Pepper

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