



# 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)