



Which foods do I include in an autoimmune-friendly diet?

When pursuing a low-inflammatory, nutrient-rich dietary approach to managing autoimmunity, foods that are known to be commonly low-reactive foods which are also high in nutritional value are targeted. Below is a list of such foods from the Autoimmune Protocol diet or AIP. The AIP is a deeper filter of the foods included in a Paleo diet foundation, which focuses on the natural, organic, whole foods that our ancestors thrived upon.

The following list was compiled by the creators of the Autoimmune Protocol Certified Coach program, through which founder Joy Cutrone and contributor Lauren Gauthier are Certified AIP Coaches.

Meat: Antelope, bear, buffalo (bison), boar, caribou, cattle (beef, veal), deer (venison), elk, goat, hare, horse, kangaroo, moose, pig (pork), rabbit, and sheep (lamb, mutton).

Poultry: Chicken, dove, duck, goose, grouse, guinea hen, ostrich, pheasant, quail, and turkey.

Shellfish: Clams, crab, crawfish, lobster, mussels, octopus, oysters, scallops, shrimp, and squid.

Non-starchy vegetables: Artichoke, asparagus, broccoli, caper, cauliflower, celery, fennel, nopal, rhubarb (stems only), and squash blossoms.

Roots, tubers, and bulb vegetables: Arrowroot, bamboo shoot, beet, burdock, carrot, cassava, celeriac, daikon, ginger, horseradish, Jerusalem artichoke, jicama, kohlrabi, lotus root, parsnip, radish, rutabaga, sweet potato, taro, tigernut, turnip, wasabi, water chestnut, yacon, and yam.

Vegetable-like fruits: Avocado, bitter melon, chayote, cucumber, okra, olives, plantain, pumpkin, squash, winter melon, and zucchini.

Rosaceae-family fruits: Apple, apricot, cherry, nectarine, peach, pear, plum, quince, and rosehip.

Fish: Anchovy, arctic char, bass, bonito, carp, catfish, cod, eel, gar, haddock, hake, halibut, herring, marlin, mackerel, mahi-mahi, monkfish, perch, pollock, salmon, sardine, snapper, sole, swordfish, tilapia, trout, tuna, turbot, and walleye.

Leafy-vegetables: Arugula, beet greens, bok choy, broccoli rabe, brussels sprouts, cabbage, carrot tops, celery, chicory, collard greens, cress, dandelion greens, endive, kale (many varieties), lamb's lettuce, lettuce (many varieties), mizuna, mustard greens, napa cabbage, radicchio, sorrel, spinach, summer purslane, Swiss chard, tatsoi, turnip greens, watercress, and winter purslane.



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Allium-family vegetables: Chive, garlic, leek, onion, shallot, scallion, and wild leek (ramp).

Sea vegetables: Arame, dulse, hijiki, kombu, nori, and wakame.

Berries: Acai, bilberry, blackberry, blueberry, cranberry, currant, elderberry, gooseberry, grape, huckleberry, lingonberry, loganberry, mulberry, muscadine, Oregon grape, raspberry, salmonberry, sea buckthorn, and strawberry.

Melons: Cantaloupe, honeydew, horned melon, melon pear, Persian melon, watermelon, and winter melon.

Citrus-family fruits: Blood orange, Buddha's hand, clementine, grapefruit, kaffir lime, key lime, kumquat, lemon, lime, mandarin, Meyer lemon, orangelo, orange, pomelo, tangelo, tangerine, and yuzu.

Edible fungi/mushrooms: Chanterelle, cremini, morel, oyster, porcini, portobello, shiitake, and truffle.

Plant fats: Avocado oil (cold-pressed), coconut oil, olive oil (cold-pressed), palm oil, palm shortening, and red palm oil.

Leaf, flower, root, and bark spices: Asafetida, basil leaf, bay leaf, chamomile, chervil, chives, cilantro (coriander leaf), cinnamon, cloves, curry leaf, dill weed, fennel leaf, garlic, ginger, horseradish (root), kaffir lime leaf, lavender, lemongrass, mace, marjoram leaf, onion powder, oregano leaf, parsley, peppermint, rosemary, saffron, sage, salt, savory leaf, spearmint, tarragon, thyme, truffles, turmeric, and vanilla.

Sweeteners to include in moderation: Coconut sugar, coconut syrup, honey, maple sugar, maple syrup, and molasses (trace amounts of cane sugar are OK in cured meats and kombucha).

Tropical fruits: Acerola, banana, chayote, cherimoya, coconut, date, dragonfruit, durian, fig, guava, jackfruit, kiwi, loquat, lychee, mango, mangosteen, papaya, passionfruit, pawpaw, persimmon, pineapple, plantain, pomegranate, quince, rambutan, star fruit, tamarind, and vanilla.

Animal fats: Bacon fat, lard (rendered pig back fat), leaf lard (rendered pig kidney fat), pan drippings, poultry fat, salo, schmaltz (chicken or goose fat), strutto (clarified pork fat), and tallow (rendered fat from beef, lamb, or mutton).

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Probiotic foods: Fermented meat or fish, kombucha, kvass, lacto-fermented fruits and vegetables, non-dairy kefir, and sauerkraut.

Other flavorings (always check additional ingredients): Anchovies or anchovy paste, apple cider vinegar, balsamic vinegar, capers, carob powder, coconut aminos (a soy sauce substitute), coconut concentrate, coconut milk, coconut water vinegar, fish sauce, fruit and vegetable juice (in moderation), organic jams and chutneys, red wine vinegar, truffle oil (made with olive oil), and white wine vinegar.

Foods included in moderation: Green or black tea, yerba mate, fructose (less than 10–20 grams per day), omega-6, polyunsaturated fat-rich foods (poultry and industrially raised fatty meat), moderate to high glycemic load fruits/vegetables (dried fruit, plantain, taro, etc.), and coconut.

Adapted from “*AIP Foods to Include*” by Autoimmune Protocol Certified Coach, 2017, Sara Ballantyne, Mickey Trescott, and Angie Alt.

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