

# AUTO-IMMUNE PROTOCOL DIET:

## Low Allergan, Anti-Inflammatory



	INCLUDE	AVOID
<b>Animal Protein</b>	Grass-fed Poultry, Wild Meats and Sustainable Wild-Caught Fish	Factory farm and antibiotic added meat, farm raised seafood. No eggs, beef, pork or shellfish
<b>Grains/ Seeds</b>	None – use nut and vegetable-based pasta/rice, chips, crackers and baked goods	Pasta, bread, chips, crackers, baked goods made from the following grains: Oats, Rice, Quinoa, Millet, Wheat, Spelt, Kamut, Buckwheat, Amaranth, Sorghum, Rye, Barley, Corn
<b>Legumes</b>	All legumes (soaked and/or spouted) except for those listed to avoid *eliminated if there is a lectin sensitivity	Peanuts, Soybean (*including soy sauce, tamari, Bragg's Aminos, tofu, soy protein isolate, soy protein concentrate, tempeh, edamame, and any product made with any of these ingredients)
<b>Dairy</b>	Dairy-free alternatives like coconut milk, almond milk, hemp milk, banana milk	Cheese, Yogurt, Ice Cream, Cream, Cottage Cheese, Kefir, Powered Milk, Buttermilk – anything animal-based
<b>Fruit</b>	All fresh or frozen fruit – organic preferred	
<b>Vegetables</b>	All fresh or frozen veggies – organic or preferred *nightshades eliminated if there is a sensitivity	*Nightshade vegetables – Eggplant, Tomatoes, Onion, Peppers, White potato, and all pepper spices like cayenne, nutmeg & paprika
<b>Fats</b>	All oils/fats except the ones listed to avoid	Butter, Margarines, Soybean oil, Canola Oil, Hydrogenated Oils, Corn Oil, Peanut Oil
<b>Nuts &amp; Seeds</b>	All nuts and seeds except the ones listed to avoid	Peanut (legume), Cashew, Pistachio
<b>Sweeteners</b>	Coconut sugar, date sugar, stevia, raw agave, monk fruit, chicory root	Sugar, Artificial Sweetens (sucralose, aspartame, sacharrin, asculfame K), Sugar Alcohols (xylitol, sorbitol, maltitol, erythritol), High Fructose Corn Syrup, Honey, Maple Syrup, Molasses
<b>Beverages</b>	Filtered Water, Sparkling Mineral Water, Bone Broth, Green Tea, Herbal Tea, Yerbe Mate	Alcohol (Beer, Liquor, Wine), Coffee, Black tea Caffeinated Sodas or Energy Drinks, *(anything sweetened w/ avoided sweeteners )
<b>Other</b>	Vinegar (Apple Cider, Coconut, Red Wine, Balsamic), Herbs and Spices (fresh preferred – no sugar or added ingredients), Salad Dressings, Marinades or Sauces w/ approved ingredients	Salad Dressings, Marinades or Sauces w/ avoided sweeteners, oils, or other ingredients, Chocolate, Seasoning Packets w/ added sugar or artificial ingredients

Avoid/limit gluten, dairy, soy, refined sugars, and alcohol