

Autoimmune protocol diet: grocery guide

The following list includes whole foods that can be consumed on the autoimmune protocol (AIP) diet. Be sure to consume a variety of fresh, local, and organic vegetables and fruits to ensure you're meeting your daily nutrient needs. When purchasing animal products, look for organic, free-range, pasture-raised, wild-caught, and sustainable options. This list can be printed and used as a resource when shopping.

Fruit

- Apples
- Avocado
- Banana
- Berries
- Cherries
- Cranberries
- Dates
- Grapefruit
- Grapes
- Guava
- Lemon
- Mango
- Melon
- Oranges
- Passionfruit
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate

Herbs and spices (fresh or dried)

- Basil
- Bay leaves
- Dill
- Cinnamon
- Garlic
- Ginger
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Turmeric

Vegetables

- Artichoke
- Arugula
- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Chives
- Cucumber
- Fermented vegetables
- Kale
- Lettuces
- Mushrooms
- Onions
- Parsnips
- Spinach
- Squash
- Sweet potatoes
- Zucchini

Animal proteins

- Beef
- Bison
- Bone broth
- Chicken
- Clams
- Fish
- Kidneys
- Liver
- Lobster
- Pork
- Rabbit
- Shrimp
- Sweetbreads
- Turkey
- Venison

Oils & fats

- Avocado oil
- Coconut milk and oil
- Extra-virgin olive oil
- Lard, duck fat

Fermented foods

- Coconut kefir and yogurt
- Pickled vegetables (unpasteurized)
- Kimchi
- Sauerkraut



Teas

- Chamomile
- Oolong tea
- Dandelion root
- Peppermint
- Ginger
- Rooibos
- Green tea
- Thistle
- Lavender
- Turmeric
- Nettle
- White tea

Other

- Apple cider vinegar
- Filtered water
- Balsamic vinegar
- Herbal teas
- Coconut aminos
- Himalayan and sea salt

References

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2. Chandrasekaran, A., Groven, S., Lewis, J. D., Levy, S., Diamant, C., Singh, E., & Konijeti, G. G. (2019). An autoimmune protocol diet improves patient-reported quality of life in inflammatory bowel disease. *Crohn's & Colitis* 360, 1(3), otz019.
3. Chandrasekaran, A., Molparia, B., Akhtar, E., Wang, X., Lewis, J. D., Chang, J. T., ... & Konijeti, G. G. (2019). The autoimmune protocol diet modifies intestinal RNA expression in inflammatory bowel disease. *Crohn's & Colitis* 360, 1(3), otz016.
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