

Autoimmune Protocol "YES" Foods

Proteins

Beef Pheasant
Bison Pork Elk
Bone Broth Rabbit Fish
Chicken Shellfish Lamb
Duck Turkey Organ Meats
Venison

Fats

Avocados Fatty Fish
Avocado Oil Grass-fed
Beef Tallow Animal Fats
Chicken Fat Olive Oil
Coconut Olives
Coconut Oil Palm Oil

Vegetables

Artichoke Leek
Arrowroot Lettuce
Artichokes Mushroom
Arugula Mustard
Asparagus Greens
Avocado Onion
Bamboo Parsnip
Shoots Radicchio
Beets Radish
Bok Choy Rhubarb
Broccoli Romaine
Brussels Rutabaga
Sprouts Scallions
Cabbage (Excluding Chlorella, Sea Vegetables)
Carrots Spirulina)
Cassava Shallots
Cauliflower Spinach
Celery Squash
Chard Sweet Potato
Chives Swiss
Collard Greens Chard
Cucumber Taro
Daikon Tigernuts
Endive Turnip
Fennel Greens
Garlic Turnips
Ginger Wasabi
Horseradish Water
Iceberg Chesnuts
Lettuce Watercress
Jicama Yacon
Kale Yams
Kohlrabi Yucca

Fruits

Apples Grapefruit Olives
Apricots Grapes Papaya
Avocados Guava Passion Fruit
Bananas Kiwi Peaches
Berries Lychee Pears
Cherries Mango Persimmons
Citrus Fruits Melons Pineapple
Coconut Starfruit Plums
Dates Tangerines Pomegranate
Figs Nectarines

Probiotics

Coconut Milk Kefir
Coconut Milk yogurt
Fermented
Vegetables/Fruit
Kombucha Water

Herbs and Spices

Basil Dill Marjoram Saffron
Bay Leaf Garlic Mint Sage
Chamomile Ginger Onion Salt
Chervil Horseradish Powder Spearmint
Chives Lavender Oregano Tarragon
Cilantro Lemon Parsley Thyme
Cinnamon Balm Peppermint Turmeric
Mace Rosemary Vanilla Bean

Pantry

Apple cider vinegar Coconut Aminos Gelatin
Arrowroot starch Coconut Flakes Herbal Teas
Baking Soda Coconut flour Honey
Balsamic Vinegar Coconut Sugar Maple Syrup
Carob powder Collagen Powder Tapioca Starch
Cassava flour Fish Sauce Tigernut flour

Autoimmune Protocol "NO" Foods

Grains and Pseudo-Grains

Amaranth Farro Semolina
Barley Kamut Sorghum
Buckwheat Millet Spelt
Bulgur Oat Wheat
Chia Seeds Quinoa Teff
Corn Rice Triticale
Durum Rye Wild Rice

Nightshades

Ashwagana Goji berries Kutjera Red spices
Bell peppers Ground Cheries Naranjillas (see spice section)
Chili Peppers (different from Pimentos Tobacco
Cocona regular cherries) Potatoes Tomatillos
Eggplant Hot peppers (excludes sweet Tomatoes
Garden Hot Sauce potatoes and Tomato Products
Huckleberries Jalapenos yams) (all varieties)

Dairy

Butter Ice Cream
Buttermilk Kefir
Cheese Milk
Cottage Protein isolates
Cheese Sour Cream
Cream Whey
Curds Whipping Cream
Ghee Yogurt

Chemical Additives

Acrylamides Lecithin Sodium Stearoyl
Artificial Food Colors Monosodium Lactate
Artificial and Natural Glutamate (MSG) Textured Vegetable
Flavors Nitrates Protein
Carrageenan Nitrites Phosphoric Xanthan Gum
Cellulose Gum Acid Yeast Extract
Guar Gum Propylene Glycol Any other
Hydrolyzed Vegetable Sodium Phosphate ingredient with an
Protein chemical name

Legumes

Adzuki Beans Calico Beans Green Beans Peanuts
Bean Sprouts Cannellini Beans Italian Beans Peanut Butter
Beans with Edible Pods Chickpeas Kidney beans Peas
Black beans Edamame Lentils Pinto Beans
Black-eyed Peas Fava Beans Lima beans Soybeans
Broad Beans Great Northern Mung Beans Split Peas
Butter Beans Beans Navy Beans Tofu

Seed and Nighshade Spices

Allspice Chinese Five-Spice Paprika
Anise Seed Chipotle Powder Pepper
Annatto Seed Coriander Seed (from black, green,
Black Caraway Cummin Seed pink, or white
Black Cumin Curry Powder peppercoms)
Capsicums Dill Seed Poppy Seed
Caraway Fennel Seed Poultry Seasoning
Cardamom Fenugreek Russian Caraway
Cayenne Garam Masala Star Anise
Celery Seed Juniper Steak Seasoning
Chili Pepper Flakes Mustard Sumac
Chili Powder Nutmeg Taco Seasoning

Added Sugars, Sugar Alcohols and Artificial Sweeteners

Agave Corn Syrup Glucose Raw Cane Sugar
Acesulfame Corn Syrup Solids Glucose Solids Rice Bran Syrup
Potassium Crystalline Fructose Golden Syrup Rice Syrup
Agave Nectar Date Sugar High-fructose Corn Saccharin
Aspartame Dehydrated Cane Syrup Saccharose
Barley Malt Juice Inulin Sorbitol
Beet Sugar Dextrin Invert Sugar Sorghum Syrup
Brown Rice Dextrose Lactose Stevia
Sugar Erythritol Malt Syrup Sucanat
Brown Sugar Evaporated Cane Maltodextrin Sucralose
Cane Crystals Juice Maltose Sucrose Syrup
Cane Juice Fructose Monk Fruit Treade
Cane Sugar Fruit Juice Muscovado Sugar Turbinado Sugar
Caramel Fruit Juice Concentrate Neotame Xylito
Corn Galactose Powdered Sugar Yacon Syrup
Sweetener

Nuts and Seeds

Almonds Coffee Pistachios
Brazil nuts Flax Seeds Poppy Seeds
Cashews Hazelnuts Pumpkin Seeds
Chestnuts Hemp Seeds Sesame Seeds
Chia Seeds Macadamia Nuts Sunflower Seeds
Chocolate Pecans Walnut
Cocoa Pine nuts
(Includes all nut and seed derived flours, butters, oils)

Other

Alcohol
Eggs
NSAIDS (Aspirin or Ibuprofen)
Chlorella
Spirulina

Processed Oils and Fats

Brominated Hydrogenated Oil Peanut
Vegetable Oil Palm Kernel Rapeseed
Canola Palm Olein Safflower
Corn Partially Soybean
Cottonseed Hydrogenated Sunflower
Grapeseed Vegetable Oil Trans Fats