

AIP

Elimination Foods

Gluten & Grains

- Amaranth
- Barley
- Bulgur
- Buckwheat
- Chia
- Corn
- Durum
- Farro
- Fonio
- Job's Tears
- Kamut
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Teff
- Triticale
- Wheat
- Wild Rice

Vegetable & Other Oils

- Canola Oil
- Corn Oil
- Cottonseed Oil
- Palm Kernel Oil
- Palm Olein
- Hydrogenated Oils
- Peanut Oil
- Safflower Oil
- Sunflower Oil
- Soybean Oil

All Egg Varieties

- Chicken
- Duck
- Goose
- Quail
- Any other type of egg

Dairy & Dairy Products

- Butter
- Buttermilk
- Butter oil
- Cheese
- Cottage Cheese
- Cream
- Cream Cheese
- Milk
- Curds
- Dairy-protein isolates
- Ghee
- Heavy Cream
- Ice cream
- Kefir
- Sour Cream
- Whey
- Whey-protein isolate
- Whipping cream
- Yogurt

Nightshades/Nightshade Spices

- Ashwagandha
- Bell peppers
- Cayenne peppers
- Cape gooseberries
- Eggplant
- Garden Huckleberries
- Goji berries
aka, wolfberries
- Hot/chili peppers/
pepper based spices
- Naranjillas
- Paprika
- Pepinos
- Pimentos
- Potatoes
sweet potatoes permitted
- Tamarillos
- Tobacco
- Tomatillos
- Tomatoes

Nuts & Nut Oils

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts
- Other nut-derived products.

Seeds, Seed Oil/Spices

- Allspice
- Anise
- Annatto
- Black caraway
(black cumin)
- Black Pepper
- Cardamom
- Celery seed
- Chia
- Chocolate
- Cocoa
- Coffee
- Coriander
- Cumin
- Dill seed
- Fennel seed
- Fenugreek
- Seed-derived products
- Flax
- Hemp seeds
- Juniper
- Mustard
- Nutmeg
- Pepper
- Poppy
- Pumpkin seeds

AIP

Elimination Foods

Added Sugars

- Barley malt
- Barley malt syrup
- Beet sugar
- Brown rice syrup
- Brown sugar
- Cane crystals
- Cane juice
- Cane sugar
- Caramel
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Diastatic malt
- Evaporated cane juice
- Fructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose solids
- Golden syrup
- High-fructose corn syrup
- Invert sugar
- Inulin

Added Sugars, Can't

- Jaggery
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Monk fruit (luo han guo)
- Muscovado sugar
- Palm sugar
- Panela
- Panocha
- Rapadura
- Raw cane sugar
- Raw sugar
- Refined sugar
- Rice bran syrup
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucanat
- Sucrose
- Syrup
- Treacle
- Turbinado sugar
- Yacon syrup

Sweeteners

- Acesulfame Potassium
- Aspartame
- Neotame
- Saccharin
- Stevia
- Sucralose

Sugar Alcohol

- Erythritol
- Mannitol
- Sorbitol
- Xylitol

Alcoholic Beverages

- All alcohol

Food Additives

- Acrylamides
- Artificial food color
- Artificial flavors
- Natural flavors
- Autolyzed protein
- Brominated vegetable oil
- Carragennan
- Cellulose Gum
- Guar Gum
- Hydrolyzed vegetable protein
- Lecithin
- MSG
- Nitrates or nitrites
- Olestra
- Phosphoric acid
- Propylene glycol
- Textured vegetable protein
- Trans fats
- Yeast extract
- Xanthan Gum
- Unrecognized chemicals