

Autoimmune Paleo Diet Food List

Patient Name: _____

Date: _____

Overview: The Autoimmune Paleo Diet (AIP) is a dietary protocol designed to alleviate symptoms associated with autoimmune conditions. It focuses on eliminating potential trigger foods and promoting nutrient-dense, anti-inflammatory choices. This food list is a guideline to help patients make informed dietary decisions.

Current Diet

- **Vegetables:** _____
- **Fruits:** _____
- **Meats:** _____
- **Healthy Fats:** _____
- **Herbs and Spices:** _____
- **Nuts and Seeds:** _____
- **Sweeteners:** _____
- **Dried Fruits:** _____

Avoided Foods

- **Grains:** _____
- **Dairy:** _____
- **Legumes:** _____
- **Processed Foods:** _____
- **Nightshades:** _____
- **Eggs:** _____
- **Coffee:** _____

Beverages

- **Herbal Teas:** _____
- **Bone Broth:** _____
- **Filtered Water:** _____

Autoimmune Paleo Diet Food List Guide

Allowed Foods

- **Vegetables:** Non-nightshade vegetables, such as leafy greens, broccoli, cauliflower, carrots, and sweet potatoes.
- **Fruits:** Berries, apples, pears, and citrus fruits.
- **Meats:** Grass-fed and pasture-raised options like beef, poultry, lamb, and wild-caught fish.
- **Healthy Fats:** Avocado, coconut oil, olive oil, and fatty fish.
- **Herbs and Spices:** Fresh herbs, garlic, and AIP-compliant seasonings.

Limited Consumption

- **Nuts and Seeds:** In moderation and soaked or sprouted.
- **Sweeteners:** Limited to small amounts of raw honey and maple syrup.
- **Dried Fruits:** Occasionally and in small quantities.

Avoid

- **Grains:** All forms, including wheat, oats, rice, and corn.
- **Dairy:** All dairy products.
- **Legumes:** Beans, lentils, and peanuts.
- **Processed Foods:** Anything with artificial additives, preservatives, or trans fats.
- **Nightshades:** Tomatoes, peppers, eggplants, and potatoes.
- **Eggs:** Eliminate during the initial phase; consider reintroduction later.
- **Coffee:** Eliminate during the initial phase; consider reintroduction later.

Beverages

- **Herbal Teas:** Caffeine-free herbal teas are usually well-tolerated.
- **Bone Broth:** Nutrient-dense and supportive for gut health.
- **Filtered Water:** Staying well-hydrated is crucial.

Notes: