### AIP Food List

**Food to Include**

#### Vegetables
- Artichoke
- Arugula
- Asparagus
- Beets
- Broccoli
- Brussels
- Bok Choy
- Cabbage
- Carrots
- Cauliflower
- Chard
- Cucumber

#### Herbs & Spices
- Basil
- Bay leaf
- Chives
- Cilantro
- Cinnamon
- Dill
- Ginger
- Garlic
- Basil
- Bay leaf
- Chives
- Cilantro
- Cinnamon
- Dill
- Ginger
- Garlic
- Mint
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Thyme
- Turmeric

#### Proteins
- Beef
- Bison
- Chicken
- Duck
- Fish
- Lamb
- Shellfish
- Pork
- Turkey
- Venison

#### Fats
- Avocado oil
- Beef tallow
- Chicken fat
- Coconut oil
- Olive oil
- Palm oil

#### Pantry
- Apple cider vinegar
- Arrowroot starch
- Carob powder
- Cassava flour
- Coconut flour
- Coconut sugar
- Dried fruit
- Honey
- Tapioca starch
- Tigernut flour

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## AIP Food List

### Food to Avoid

#### Gluten & Grains
- Amaranth
- Barley
- Buckwheat
- Bulger
- Corn
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Wheat

#### Nuts & Seeds
- Almond
- Brazil nut
- Canola
- Cashew
- Chia
- Coffee
- Cocoa
- Flax
- Hazelnut
- Hemp
- Pecan
- Pine nuts
- Pistachio
- Pumpkin
- Safflower
- Sesame
- Sunflower
- Walnut

#### Dairy
- Butter
- Cheese
- Cream
- Ghee
- Milk
- Yogurt

#### Legumes
- Black beans
- Chickpeas
- Cocoa
- Fava beans
- Kidney beans
- Lentils
- Lima beans
- Peanut
- Soybeans

#### Nightshades
- Eggplant
- Goji berries
- Ground cherry
- All peppers
- All red spices
- Potato
- Tomato
- Tomatillo

#### Seed & Berry Spices
- Allspice
- Anise
- Caraway
- Celery seed
- Cumin
- Fennel seed
- Mustard
- Nutmeg
- Pepper
- Poppy seed

#### Alcohol

#### Eggs

#### All Additives & Sugar
*natural sugars like honey, maple syrup, and coconut sugar are okay in moderation.*

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