

Approved Foods on the AIP Diet

Foods to consume in **MODERATION** if dealing with weight or blood sugar are in **YELLOW**. (*Protein serving size for each meal should be no more than the size of your palm. - Excess protein will be converted to glucose through the process of gluconeogenesis. This will result in higher blood sugar levels and weight gain.)

Foods to **AVOID** if dealing with blood sugar issues or weight are in **RED**.

Meat & Poultry

Beef
Bison
Chicken
Duck
Lamb
Pork
Turkey
Wild Game

Fish

Cod
Halibut
Haddock
Mahi Mahi
Pollock
Salmon
Snapper Sole
Tilapia
Trout
Tuna
Sardines

Shellfish

Clams
Crab
Crawfish
Lobster
Mussels

Scallops
Octopus
Shrimp
Squid

Flours:

Arrowroot flour
Cassava flour
Coconut flour
Plantain flour
Sweet potato flour
Tapioca flour
Tiger nut flour

Fruits:

Green apple
Red apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Clementine
Cherry
Coconut
Cranberry

Currant
Grapefruit
Grape
Kiwi
Lemon/Lime
Mandarin/Orange
Mango
Melon
Papaya
Peach
Pear
Pineapple
Pomegranate
Raspberry
Star Fruit
Strawberry

Leafy Greens:

Arugula
Bok Choy
Collard Greens
Dandelion Greens
Endive
Herbs
Kale

**(Leafy Greens
cont'd):**

Lettuce
Mustard Greens
Napa Cabbage
Spinach
Swiss Chard
Turnip Greens
Watercress

**Vegetables
(Nonstarchy):**

Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Fennel
Garlic
Herbs
Jicama
Kohlrabi
Leek
Mushroom
Olives
Onion
Radicchio
Radish
Rutabaga
Scallion
Shallot
Summer Squash

Turnip
Zucchini

**Vegetables
(Starchy):**

Cassava
Parsnip
Plantain
Pumpkin
Sweet Potato
Yam
Yucca

Healthy Fats:

Animal fat/Lard, etc.
Avocado Oil
Coconut Oil
Coconut Milk
Olive Oil
Palm Oil

Other Items:

Apple Cider Vinegar
(raw)
Maple Syrup
Raw honey
Spices